

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Cholesterol (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: October 21, 2015 02:00 EDT

NDB_No	Description	Cholesterol(mg) Value Per
13320	Beef, variety meats and by-products, brain, cooked, simmered	3,100.00
17189	Veal, variety meats and by-products, brain, cooked, braised	3,100.00
13318	Beef, variety meats and by-products, brain, raw	3,010.00
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	2,559.00
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	2,552.00
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	2,504.00
01137	Egg, yolk, dried	2,307.00
10096	Pork, fresh, variety meats and by-products, brain, raw	2,195.00
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	2,120.00
17358	Lamb, New Zealand, imported, brains, raw	2,100.00
17186	Lamb, variety meats and by-products, brain, cooked, braised	2,043.00
01134	Egg, whole, dried, stabilized, glucose reduced	2,017.00
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	1,995.00
01133	Egg, whole, dried	1,630.00
17188	Veal, variety meats and by-products, brain, raw	1,590.00
17185	Lamb, variety meats and by-products, brain, raw	1,352.00
01125	Egg, yolk, raw, fresh	1,085.00
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	1,002.00
01126	Egg, yolk, raw, frozen, pasteurized	991.00
01210	Egg Mix, USDA Commodity	975.00
01141	Egg, turkey, whole, fresh, raw	933.00
01127	Egg, yolk, raw, frozen, sugared, pasteurized	917.00
01160	Egg, yolk, raw, frozen, salted, pasteurized	912.00
01138	Egg, duck, whole, fresh, raw	884.00
01139	Egg, goose, whole, fresh, raw	852.00
01140	Egg, quail, whole, fresh, raw	844.00
17198	Veal, variety meats and by-products, kidneys, cooked, braised	791.00
04590	Fish oil, herring	766.00
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	716.00

NDB_No	Description	Cholesterol(mg) Value Per
04594	Fish oil, sardine	710.00
05178	Turkey, liver, all classes, cooked, simmered	648.00
15012	Fish, caviar, black and red, granular	588.00
01144	Egg substitute, powder	572.00
04589	Fish oil, cod liver	570.00
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	566.00
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	565.00
05661	Chicken, liver, all classes, cooked, pan-fried	564.00
05028	Chicken, liver, all classes, cooked, simmered	563.00
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	523.00
04591	Fish oil, menhaden	521.00
05172	Turkey, whole, giblets, cooked, simmered	521.00
05143	Duck, domesticated, liver, raw	515.00
05150	Goose, liver, raw	515.00
17203	Veal, variety meats and by-products, liver, cooked, braised	511.00
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	508.00
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	504.00
17200	Lamb, variety meats and by-products, liver, cooked, braised	501.00
04592	Fish oil, menhaden, fully hydrogenated	500.00
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	493.00
04593	Fish oil, salmon	485.00
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	485.00
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	480.00
15207	Fish, roe, mixed species, cooked, dry heat	479.00
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	462.00
05174	Turkey, gizzard, all classes, cooked, simmered	452.00
17217	Veal, variety meats and by-products, spleen, cooked, braised	447.00
05021	Chicken, broilers or fryers, giblets, cooked, fried	446.00
05022	Chicken, broilers or fryers, giblets, cooked, simmered	442.00
05138	Chicken, capons, giblets, cooked, simmered	434.00
21018	Fast foods, egg, scrambled	426.00
05177	Turkey, liver, all classes, raw	415.00
13323	Beef, variety meats and by-products, kidneys, raw	411.00
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	404.00
01128	Egg, whole, cooked, fried	401.00
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	400.00

NDB_No	Description	Cholesterol(mg) Value Per
13326	Beef, variety meats and by-products, liver, cooked, braised	396.00
17377	Lamb, New Zealand, imported, testes, raw	393.00
07053	Pate, chicken liver, canned	391.00
01255	Egg, whole, raw, frozen, salted, pasteurized	387.00
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	387.00
17369	Lamb, New Zealand, imported, liver, raw	386.00
17215	Lamb, variety meats and by-products, spleen, cooked, braised	385.00
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	381.00
15072	Fish, roe, mixed species, raw	374.00
01129	Egg, whole, cooked, hard-boiled	373.00
01123	Egg, whole, raw, fresh	372.00
01171	Egg, whole, raw, frozen, pasteurized	372.00
17199	Lamb, variety meats and by-products, liver, raw	371.00
01131	Egg, whole, cooked, poached	370.00
05024	Chicken, gizzard, all classes, cooked, simmered	370.00
17367	Lamb, New Zealand, imported, kidney, raw	369.00
17197	Veal, variety meats and by-products, kidneys, raw	364.00
10117	Pork, fresh, variety meats and by-products, spleen, raw	363.00
05176	Turkey, heart, all classes, cooked, simmered	359.00
05116	Chicken, roasting, giblets, cooked, simmered	357.00
05128	Chicken, stewing, giblets, cooked, simmered	355.00
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	355.00
17219	Veal, variety meats and by-products, thymus, cooked, braised	350.00
13334	Beef, variety meats and by-products, spleen, cooked, braised	347.00
05027	Chicken, liver, all classes, raw	345.00
17216	Veal, variety meats and by-products, spleen, raw	340.00
17195	Lamb, variety meats and by-products, kidneys, raw	337.00
17202	Veal, variety meats and by-products, liver, raw	334.00
05171	Turkey, whole, giblets, raw	333.00
10112	Pork, fresh, variety meats and by-products, lungs, raw	320.00
10106	Pork, fresh, variety meats and by-products, kidneys, raw	319.00
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	316.00
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	315.00
01130	Egg, whole, cooked, omelet	313.00
10110	Pork, fresh, variety meats and by-products, liver, raw	301.00
13338	Beef, variety meats and by-products, thymus, cooked, braised	294.00

NDB_No	Description	Cholesterol(mg) Value Per
05137	Chicken, capons, giblets, raw	292.00
17206	Lamb, variety meats and by-products, lungs, cooked, braised	284.00
01132	Egg, whole, cooked, scrambled	277.00
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	277.00
13329	Beef, variety meats and by-products, lungs, cooked, braised	277.00
43285	Eggs, scrambled, frozen mixture	277.00
13325	Beef, variety meats and by-products, liver, raw	275.00
05173	Turkey, gizzard, all classes, raw	271.00
13333	Beef, variety meats and by-products, spleen, raw	263.00
17208	Veal, variety meats and by-products, lungs, cooked, braised	263.00
05020	Chicken, broilers or fryers, giblets, raw	262.00
13332	Beef, variety meats and by-products, pancreas, cooked, braised	262.00
15176	Mollusks, squid, mixed species, cooked, fried	260.00
17210	Lamb, variety meats and by-products, pancreas, raw	260.00
19169	Egg custards, dry mix	258.00
01003	Butter oil, anhydrous	256.00
07055	Pate, liver, not specified, canned	255.00
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	254.00
15152	Crustaceans, shrimp, mixed species, canned	252.00
17214	Lamb, variety meats and by-products, spleen, raw	250.00
17218	Veal, variety meats and by-products, thymus, raw	250.00
17192	Lamb, variety meats and by-products, heart, cooked, braised	249.00
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	249.00
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	243.00
05026	Chicken, heart, all classes, cooked, simmered	242.00
13328	Beef, variety meats and by-products, lungs, raw	242.00
05023	Chicken, gizzard, all classes, raw	240.00
05127	Chicken, stewing, giblets, raw	240.00
17223	Veal, variety meats and by-products, tongue, cooked, braised	238.00
05115	Chicken, roasting, giblets, raw	236.00
21003	Fast foods, biscuit, with egg and bacon	235.00
15175	Mollusks, squid, mixed species, raw	233.00
17207	Veal, variety meats and by-products, lungs, raw	229.00
01002	Butter, whipped, with salt	225.00
05175	Turkey, heart, all classes, raw	225.00
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	224.00

NDB_No	Description	Cholesterol(mg) Value Per
10119	Pork, fresh, variety meats and by-products, stomach, raw	223.00
13337	Beef, variety meats and by-products, thymus, raw	223.00
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	221.00
18175	Cookies, ladyfingers, with lemon juice and rind	221.00
18423	Cookies, ladyfingers, without lemon juice and rind	221.00
23438	Beef, New Zealand, imported, sweetbread, raw	217.00
01001	Butter, salted	215.00
01145	Butter, without salt	215.00
17209	Lamb, variety meats and by-products, mechanically separated, raw	213.00
13322	Beef, variety meats and by-products, heart, cooked, simmered	212.00
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	211.00
13330	Beef, variety meats and by-products, mechanically separated beef, raw	209.00
13331	Beef, variety meats and by-products, pancreas, raw	205.00
14033	Beverages, ABBOTT, EAS whey protein powder	205.00
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	201.00
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	199.00
10115	Pork, fresh, variety meats and by-products, pancreas, raw	193.00
15271	Crustaceans, shrimp, cooked (not previously frozen)	189.00
17221	Lamb, variety meats and by-products, tongue, cooked, braised	189.00
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	186.00
21006	Fast foods, biscuit with egg and steak	184.00
21002	Fast foods, biscuit, with egg	180.00
07014	Braunschweiger (a liver sausage), pork	180.00
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	178.00
05170	Turkey, skin from whole (light and dark), roasted	177.00
17194	Veal, variety meats and by-products, heart, cooked, braised	176.00
07040	Liver cheese, pork	174.00
17212	Veal, variety meats and by-products, pancreas, raw	173.00
21341	McDONALD'S, BIG BREAKFAST	173.00
18237	Cream puff shell, prepared from recipe	171.00
18134	Cake, sponge, prepared from recipe	170.00
21011	Fast foods, croissant, with egg and cheese	170.00
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	168.00
21012	Fast foods, croissant, with egg, cheese, and bacon	167.00
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	167.00
21007	Fast foods, biscuit, with egg, cheese, and bacon	166.00

NDB_No	Description	Cholesterol(mg) Value Per
21357	McDONALD'S, Egg McMUFFIN	165.00
21022	Fast foods, english muffin, with egg, cheese, and sausage	163.00
21005	Fast Foods, biscuit, with egg and sausage	161.00
15026	Fish, eel, mixed species, cooked, dry heat	161.00
15270	Crustaceans, shrimp, raw (not previously frozen)	161.00
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	160.00
07919	Sausage, turkey, breakfast links, mild	160.00
17375	Lamb, New Zealand, imported, sweetbread, raw	160.00
07041	Liver sausage, liverwurst, pork	158.00
17132	Veal, shoulder, blade, separable lean only, cooked, braised	158.00
23640	Beef, variety meats and by-products, tripe, cooked, simmered	157.00
21004	Fast foods, biscuit, with egg and ham	156.00
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	156.00
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	156.00
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	156.00
17220	Lamb, variety meats and by-products, tongue, raw	156.00
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	155.00
17126	Veal, shoulder, arm, separable lean only, cooked, braised	155.00
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	155.00
21359	McDONALD'S, Sausage McMUFFIN with Egg	154.00
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	154.00
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	154.00
07973	Turkey bacon, microwaved	153.00
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	153.00
15018	Fish, cod, Atlantic, dried and salted	152.00
21362	McDONALD'S, Sausage Biscuit with Egg	152.00
05282	Pate de foie gras, canned (goose liver pate), smoked	150.00
07054	Pate, goose liver, smoked, canned	150.00
15142	Crustaceans, crab, blue, crab cakes, home recipe	150.00
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	149.00
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	148.00
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	148.00
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	147.00
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	147.00
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	146.00
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	146.00

NDB_No	Description	Cholesterol(mg) Value Per
15148	Crustaceans, lobster, northern, cooked, moist heat	146.00
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	145.00
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	144.00
17114	Veal, rib, separable lean only, cooked, braised	144.00
05303	Poultry, mechanically deboned, from mature hens, raw	143.00
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	143.00
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	142.00
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	141.00
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	141.00
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	141.00
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	141.00
19182	Desserts, mousse, chocolate, prepared-from-recipe	140.00
21013	Fast foods, croissant, with egg, cheese, and ham	140.00
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	140.00
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	140.00
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	139.00
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	139.00
17111	Veal, rib, separable lean and fat, cooked, braised	139.00
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	139.00
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	138.00
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	137.00
21340	McDONALD'S, Sausage Burrito	137.00
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	137.00
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	137.00
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	137.00
05025	Chicken, heart, all classes, raw	136.00
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	136.00
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	136.00
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	135.00
17100	Veal, leg (top round), separable lean only, cooked, braised	135.00
17191	Lamb, variety meats and by-products, heart, raw	135.00
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	134.00
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	134.00
17095	Veal, leg (top round), separable lean and fat, cooked, braised	134.00
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	133.00
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	133.00

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05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	133.00
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	133.00
19407	Snacks, beef sticks, smoked	133.00
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	133.00
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	133.00
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	132.00
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	132.00
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	132.00
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	132.00
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	132.00
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	132.00
13340	Beef, variety meats and by-products, tongue, cooked, simmered	132.00
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	131.00
10103	Pork, fresh, variety meats and by-products, heart, raw	131.00
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	131.00
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	130.00
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	130.00
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	130.00
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	130.00
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	130.00
05673	Chicken, skin (drumsticks and thighs), cooked, braised	130.00
15178	Mollusks, whelk, unspecified, cooked, moist heat	130.00
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	130.00
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	129.00
05627	Emu, full rump, cooked, broiled	129.00
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	129.00
17176	Game meat, opossum, cooked, roasted	129.00
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	128.00
05180	Turkey from whole, neck, meat only, cooked, simmered	128.00
05188	Turkey, from whole, dark meat, cooked, roasted	128.00
05216	Turkey, back, from whole bird, meat only, roasted	128.00
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	128.00
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	128.00
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	128.00
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	128.00
05741	Turkey, thigh, from whole bird, meat only, roasted	128.00

NDB_No	Description	Cholesterol(mg) Value Per
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	127.00
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	127.00
15147	Crustaceans, lobster, northern, raw	127.00
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	127.00
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	127.00
05312	Chicken, wing, frozen, glazed, barbecue flavored	126.00
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	126.00
15025	Fish, eel, mixed species, raw	126.00
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	126.00
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	126.00
17145	Game meat, antelope, cooked, roasted	126.00
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	126.00
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	126.00
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	125.00
17108	Veal, loin, separable lean only, cooked, braised	125.00
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	125.00
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	124.00
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	124.00
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	124.00
13321	Beef, variety meats and by-products, heart, raw	124.00
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	124.00
01034	Cheese, port de salut	123.00
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	123.00
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	123.00
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	123.00
17181	Game meat, rabbit, wild, cooked, stewed	123.00
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	123.00
21014	Fast foods, croissant, with egg, cheese, and sausage	123.00
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	123.00
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	122.00
35009	Whale, beluga, meat, dried (Alaska Native)	122.00
05169	Turkey, skin from whole, (light and dark), raw	122.00
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	122.00
13341	Beef, variety meats and by-products, tripe, raw	122.00
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	121.00
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	121.00

NDB_No	Description	Cholesterol(mg) Value Per
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	121.00
17175	Game meat, muskrat, cooked, roasted	121.00
17184	Game meat, squirrel, cooked, roasted	121.00
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	121.00
05356	Chicken, broiler, rotisserie, BBQ, skin	120.00
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	120.00
07005	Blood sausage	120.00
07928	Sausage, chicken, beef, pork, skinless, smoked	120.00
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	120.00
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	120.00
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	120.00
13345	Beef, cured, breakfast strips, cooked	119.00
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	119.00
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	119.00
17373	Lamb, New Zealand, imported, heart, raw	119.00
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	118.00
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	118.00
07911	Liverwurst spread	118.00
11658	Spinach souffle	118.00
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	118.00
17105	Veal, loin, separable lean and fat, cooked, braised	118.00
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	118.00
18155	Cookies, butter, commercially prepared, enriched	117.00
18421	Cookies, butter, commercially prepared, unenriched	117.00
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	117.00
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	117.00
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	117.00
05693	Chicken, broiler, rotisserie, BBQ, back meat only	117.00
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	117.00
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	117.00
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	117.00
17151	Game meat, beaver, cooked, roasted	117.00
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	117.00
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	117.00
01020	Cheese, fontina	116.00
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	116.00

NDB_No	Description	Cholesterol(mg) Value Per
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	116.00
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	116.00
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	116.00
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	116.00
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	116.00
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	116.00
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	116.00
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	116.00
18269	French toast, prepared from recipe, made with low fat (2%) milk	116.00
43287	Dove, cooked (includes squab)	116.00
19408	Snacks, pork skins, barbecue-flavor	115.00
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	115.00
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	115.00
05179	Turkey from whole, neck, meat only, raw	115.00
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	115.00
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	115.00
15061	Fish, perch, mixed species, cooked, dry heat	115.00
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	115.00
17115	Veal, rib, separable lean only, cooked, roasted	115.00
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	115.00
01022	Cheese, gouda	114.00
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	114.00
15145	Crustaceans, crayfish, mixed species, wild, raw	114.00
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	114.00
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	114.00
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	114.00
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	114.00
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	114.00
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	114.00
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	114.00
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	114.00
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	113.00
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	113.00
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	113.00
01053	Cream, fluid, heavy whipping	113.00
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	113.00

NDB_No	Description	Cholesterol(mg) Value Per
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	113.00
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	113.00
17138	Veal, sirloin, separable lean only, cooked, braised	113.00
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	113.00
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	113.00
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	113.00
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	113.00
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	112.00
15163	Mollusks, cuttlefish, mixed species, raw	112.00
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	112.00
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	112.00
17165	Game meat, deer, cooked, roasted	112.00
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	112.00
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	112.00
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	111.00
01052	Cream, fluid, light whipping	111.00
05100	Chicken, broilers or fryers, wing, meat and skin, raw	111.00
05714	Turkey, skin, from retail parts, from dark meat, raw	111.00
10861	Pork, cured, bacon, cooked, microwaved	111.00
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	111.00
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	111.00
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	111.00
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	111.00
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	111.00
01023	Cheese, gruyere	110.00
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	110.00
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	110.00
15204	Fish, pike, walleye, cooked, dry heat	110.00
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	110.00
17112	Veal, rib, separable lean and fat, cooked, roasted	110.00
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	110.00
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	110.00
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	110.00
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	109.00
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	109.00
35141	Mutton, cooked, roasted (Navajo)	109.00

NDB_No	Description	Cholesterol(mg) Value Per
04001	Fat, beef tallow	109.00
05015	Chicken, broilers or fryers, skin only, raw	109.00
05166	Turkey, whole, meat and skin, cooked, roasted	109.00
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	109.00
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	109.00
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	109.00
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	109.00
17163	Game meat, caribou, cooked, roasted	109.00
07072	Salami, dry or hard, pork, beef	108.00
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	108.00
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	108.00
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	108.00
17135	Veal, sirloin, separable lean and fat, cooked, braised	108.00
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	108.00
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	108.00
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	107.00
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	107.00
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	107.00
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	107.00
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	107.00
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	107.00
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	107.00
05333	Chicken, ground, crumbles, cooked, pan-browned	107.00
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	107.00
10860	Pork, cured, bacon, cooked, baked	107.00
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	107.00
15242	Crustaceans, crayfish, mixed species, farmed, raw	107.00
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	107.00
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	107.00
04601	Butter, light, stick, with salt	106.00
04602	Butter, light, stick, without salt	106.00
05236	Turkey, young hen, skin only, cooked, roasted	106.00
05310	Chicken, cornish game hens, meat only, cooked, roasted	106.00
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	106.00
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	106.00
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	106.00

NDB_No	Description	Cholesterol(mg) Value Per
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	106.00
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	106.00
15214	Fish, seatrout, mixed species, cooked, dry heat	106.00
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	106.00
17109	Veal, loin, separable lean only, cooked, roasted	106.00
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	106.00
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	106.00
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	106.00
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	106.00
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	106.00
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	106.00
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	106.00
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	105.00
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	105.00
01156	Cheese, goat, hard type	105.00
01165	Cheese, mexican, queso anejo	105.00
01166	Cheese, mexican, queso asadero	105.00
01167	Cheese, mexican, queso chihuahua	105.00
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	105.00
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	105.00
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	105.00
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	105.00
05674	Chicken, skin (drumsticks and thighs), raw	105.00
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	105.00
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	105.00
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	105.00
07942	Pate, truffle flavor	105.00
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	105.00
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	105.00
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	105.00
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	105.00
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	105.00
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	105.00
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	105.00
01038	Cheese, romano	104.00
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	104.00

NDB_No	Description	Cholesterol(mg) Value Per
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	104.00
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	104.00
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	104.00
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	104.00
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	104.00
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	104.00
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	104.00
17139	Veal, sirloin, separable lean only, cooked, roasted	104.00
17193	Veal, variety meats and by-products, heart, raw	104.00
19383	Candies, toffee, prepared-from-recipe	104.00
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	104.00
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	104.00
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	104.00
23420	Beef, New Zealand, imported, intermuscular fat, raw	104.00
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	104.00
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	103.00
01010	Cheese, cheshire	103.00
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	103.00
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	103.00
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	103.00
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	103.00
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	103.00
15188	Fish, bass, striped, cooked, dry heat	103.00
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	103.00
17103	Veal, leg (top round), separable lean only, cooked, roasted	103.00
17106	Veal, loin, separable lean and fat, cooked, roasted	103.00
17143	Veal, ground, cooked, broiled	103.00
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	103.00
01041	Cheese, tilsit	102.00
04520	Fat, mutton tallow	102.00
04575	Fat, turkey	102.00
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	102.00
07921	Bacon and beef sticks	102.00
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	102.00
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	102.00
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	102.00

NDB_No	Description	Cholesterol(mg) Value Per
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	102.00
17136	Veal, sirloin, separable lean and fat, cooked, roasted	102.00
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	102.00
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	102.00
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	102.00
18133	Cake, sponge, commercially prepared	102.00
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	102.00
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	102.00
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	102.00
01017	Cheese, cream	101.00
04606	Meat drippings (lard, beef tallow, mutton tallow)	101.00
05168	Turkey, whole, meat only, cooked, roasted	101.00
05307	Chicken, cornish game hens, meat and skin, raw	101.00
10121	Pork, fresh, variety meats and by-products, tongue, raw	101.00
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	101.00
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	101.00
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	101.00
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	101.00
01006	Cheese, brie	100.00
01042	Cheese, pasteurized process, American, fortified with vitamin D	100.00
01169	Cheese, low-sodium, cheddar or colby	100.00
01253	Cheese, pasteurized process, American, without added vitamin D	100.00
01267	Cheese, mexican, queso cotija	100.00
04550	Shortening frying (heavy duty), beef tallow and cottonseed	100.00
04574	Fat, duck	100.00
04576	Fat, goose	100.00
07974	Bacon, turkey, low sodium	100.00
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	100.00
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	100.00
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	100.00
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	100.00
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	100.00
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	100.00
15231	Mollusks, oyster, Pacific, cooked, moist heat	100.00
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	100.00
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	100.00

NDB_No	Description	Cholesterol(mg) Value Per
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	100.00
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	100.00
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	99.00
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	99.00
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	99.00
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	99.00
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	99.00
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	99.00
01009	Cheese, cheddar	99.00
01270	Cheese, cheddar, sharp, sliced	99.00
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	99.00
05084	Chicken, broilers or fryers, neck, meat and skin, raw	99.00
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	99.00
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	99.00
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	99.00
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	99.00
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	99.00
13019	Beef, retail cuts, separable fat, raw	99.00
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	99.00
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	99.00
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	99.00
15197	Fish, herring, Pacific, cooked, dry heat	99.00
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	99.00
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	99.00
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	99.00
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	99.00
01046	Cheese food, pasteurized process, American, vitamin D fortified	98.00
01254	Cheese food, pasteurized process, American, without added vitamin D	98.00
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	98.00
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	98.00
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	98.00
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	98.00
13347	Beef, cured, corned beef, brisket, cooked	98.00
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	98.00
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	98.00
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	98.00

NDB_No	Description	Cholesterol(mg) Value Per
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	98.00
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	98.00
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	98.00
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	98.00
17147	Game meat, bear, cooked, simmered	98.00
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	98.00
17344	Game meat, deer, ground, cooked, pan-broiled	98.00
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	98.00
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	98.00
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	98.00
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	98.00
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	98.00
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	98.00
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	98.00
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	98.00
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	98.00
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	98.00
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	98.00
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	98.00
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	97.00
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	97.00
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	97.00
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	97.00
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	97.00
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	97.00
01090	Milk, dry, whole, with added vitamin D	97.00
01212	Milk, dry, whole, without added vitamin D	97.00
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	97.00
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	97.00
05647	Ostrich, inside strip, cooked	97.00
05713	Turkey, retail parts, wing, meat only, cooked, roasted	97.00
07057	Pepperoni, beef and pork, sliced	97.00
07230	OSCAR MAYER, Salami (hard)	97.00
10174	Pork, fresh, variety meats and by-products, tail, raw	97.00
10864	Pork, bacon, rendered fat, cooked	97.00
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	97.00

NDB_No	Description	Cholesterol(mg) Value Per
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	97.00
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	97.00
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	97.00
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	97.00
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	97.00
15140	Crustaceans, crab, blue, cooked, moist heat	97.00
15141	Crustaceans, crab, blue, canned	97.00
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	97.00
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	97.00
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	97.00
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	97.00
17182	Game meat, raccoon, cooked, roasted	97.00
17225	Lamb, ground, cooked, broiled	97.00
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	97.00
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	97.00
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	97.00
01030	Cheese, muenster	96.00
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	96.00
05149	Goose, domesticated, meat only, cooked, roasted	96.00
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	96.00
07024	Frankfurter, chicken	96.00
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	96.00
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	96.00
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	96.00
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	96.00
15215	Fish, shad, american, cooked, dry heat	96.00
15230	Mollusks, octopus, common, cooked, moist heat	96.00
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	96.00
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	96.00
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	96.00
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	96.00
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	96.00
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	96.00
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	96.00
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	96.00
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	96.00

NDB_No	Description	Cholesterol(mg) Value Per
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	96.00
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	96.00
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	96.00
19041	Snacks, pork skins, plain	95.00
20111	Noodles, egg, spinach, enriched, dry	95.00
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	95.00
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	95.00
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	95.00
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	95.00
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	95.00
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	95.00
83110	Fish, mackerel, salted	95.00
01011	Cheese, colby	95.00
01251	Cheese, Mexican blend	95.00
04002	Lard	95.00
04609	Animal fat, bacon grease	95.00
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	95.00
05160	Squab, (pigeon), meat and skin, raw	95.00
05304	Turkey, mechanically deboned, from turkey frames, raw	95.00
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	95.00
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	95.00
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	95.00
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	95.00
11672	Potato pancakes	95.00
13020	Beef, retail cuts, separable fat, cooked	95.00
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	95.00
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	95.00
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	95.00
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	95.00
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	95.00
15211	Fish, salmon, chum, cooked, dry heat	95.00
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	95.00
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	95.00
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	95.00
17144	Game meat, antelope, raw	95.00
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	95.00

NDB_No	Description	Cholesterol(mg) Value Per
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	95.00
17270	Veal, breast, separable fat, cooked	95.00
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	95.00
01005	Cheese, brick	94.00
01021	Cheese, gjetost	94.00
01043	Cheese, pasteurized process, pimento	94.00
03201	Babyfood, cereal, egg yolks and bacon, junior	94.00
05012	Chicken, broilers or fryers, meat only, cooked, fried	94.00
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	94.00
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	94.00
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	94.00
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	94.00
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	94.00
05698	Turkey, skin from whole (light and dark), with added solution, raw	94.00
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	94.00
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	94.00
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	94.00
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	94.00
10220	Pork, fresh, ground, cooked	94.00
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	94.00
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	94.00
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	94.00
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	94.00
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	94.00
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	94.00
15156	Mollusks, abalone, mixed species, cooked, fried	94.00
15194	Fish, mahimahi, cooked, dry heat	94.00
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	94.00
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	94.00
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	94.00
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	94.00
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	94.00
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	94.00
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	94.00
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	94.00
43398	Cheese, pasteurized process, cheddar or American, low sodium	94.00

NDB_No	Description	Cholesterol(mg) Value Per
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	93.00
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	93.00
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	93.00
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	93.00
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	93.00
01008	Cheese, caraway	93.00
01040	Cheese, swiss	93.00
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	93.00
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	93.00
05075	Chicken, broilers or fryers, leg, meat and skin, raw	93.00
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	93.00
05306	Ground turkey, cooked	93.00
05650	Ostrich, outside strip, cooked	93.00
05658	Ostrich, top loin, cooked	93.00
07006	Bockwurst, pork, veal, raw	93.00
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	93.00
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	93.00
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	93.00
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	93.00
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	93.00
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	93.00
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	93.00
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	93.00
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	93.00
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	93.00
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	93.00
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	93.00
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	93.00
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	93.00
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	93.00
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	93.00
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	93.00
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	93.00
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	93.00
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	93.00
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	93.00

NDB_No	Description	Cholesterol(mg) Value Per
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	92.00
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	92.00
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	92.00
07958	Turkey sausage, fresh, cooked	92.00
07971	Bologna, meat and poultry	92.00
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	92.00
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	92.00
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	92.00
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	92.00
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	92.00
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	92.00
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	92.00
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	92.00
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	92.00
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	92.00
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	92.00
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	92.00
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	92.00
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	92.00
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	92.00
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	92.00
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	92.00
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	92.00
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	92.00
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	92.00
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	92.00
19089	Ice creams, vanilla, rich	92.00
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	92.00
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	92.00
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	92.00
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	92.00
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	92.00
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	92.00
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	92.00
43405	Cheese, swiss, low sodium	92.00
19090	Ice creams, french vanilla, soft-serve	91.00

NDB_No	Description	Cholesterol(mg) Value Per
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	91.00
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	91.00
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	91.00
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	91.00
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	91.00
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	91.00
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	91.00
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	91.00
01236	Ice cream, soft serve, chocolate	91.00
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	91.00
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	91.00
05080	Chicken, broilers or fryers, leg, meat only, raw	91.00
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	91.00
05147	Goose, domesticated, meat and skin, cooked, roasted	91.00
05190	Turkey, all classes, back, meat and skin, cooked, roasted	91.00
05309	Chicken, cornish game hens, meat only, raw	91.00
05629	Emu, inside drums, cooked, broiled	91.00
05707	Turkey, whole, meat and skin, with added solution, roasted	91.00
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	91.00
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	91.00
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	91.00
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	91.00
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	91.00
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	91.00
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	91.00
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	91.00
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	91.00
15205	Fish, pollock, Atlantic, cooked, dry heat	91.00
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	91.00
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	91.00
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	91.00
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	91.00
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	91.00
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	91.00
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	91.00
01024	Cheese, limburger	90.00

NDB_No	Description	Cholesterol(mg) Value Per
01039	Cheese, roquefort	90.00
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	90.00
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	90.00
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	90.00
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	90.00
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	90.00
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	90.00
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	90.00
05161	Squab, (pigeon), meat only, raw	90.00
05162	Squab, (pigeon), light meat without skin, raw	90.00
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	90.00
05652	Ostrich, oyster, cooked	90.00
07913	Salami, pork, beef, less sodium	90.00
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	90.00
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	90.00
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	90.00
10105	Pork, fresh, variety meats and by-products, jowl, raw	90.00
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	90.00
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	90.00
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	90.00
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	90.00
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	90.00
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	90.00
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	90.00
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	90.00
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	90.00
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	90.00
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	90.00
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	90.00
15060	Fish, perch, mixed species, raw	90.00
15100	Fish, smelt, rainbow, cooked, dry heat	90.00
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	90.00
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	90.00
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	90.00
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	90.00
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	90.00

NDB_No	Description	Cholesterol(mg) Value Per
19094	Desserts, flan, caramel custard, prepared-from-recipe	90.00
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	90.00
43276	Cheese spread, cream cheese base	90.00
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	89.00
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	89.00
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	89.00
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	89.00
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	89.00
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	89.00
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	89.00
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	89.00
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	89.00
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	89.00
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	89.00
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	89.00
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	89.00
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	89.00
36605	CRACKER BARREL, country fried shrimp platter	89.00
43283	Pheasant, cooked, total edible	89.00
01018	Cheese, edam	89.00
01019	Cheese, feta	89.00
01025	Cheese, monterey	89.00
01027	Cheese, mozzarella, whole milk, low moisture	89.00
05013	Chicken, broilers or fryers, meat only, roasted	89.00
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	89.00
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	89.00
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	89.00
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	89.00
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	89.00
05142	Duck, domesticated, meat only, cooked, roasted	89.00
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	89.00
07069	Salami, cooked, beef and pork	89.00
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	89.00
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	89.00
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	89.00
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	89.00

NDB_No	Description	Cholesterol(mg) Value Per
10898	Pork, pickled pork hocks	89.00
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	89.00
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	89.00
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	89.00
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	89.00
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	89.00
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	89.00
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	89.00
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	89.00
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	89.00
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	89.00
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	89.00
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	89.00
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	89.00
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	89.00
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	89.00
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	89.00
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	89.00
01204	Cheese, parmesan, dry grated, reduced fat	88.00
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	88.00
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	88.00
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	88.00
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	88.00
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	88.00
05353	USDA Commodity, chicken fajita strips, frozen	88.00
05632	Emu, top loin, cooked, broiled	88.00
07019	Chorizo, pork and beef	88.00
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	88.00
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	88.00
10102	Pork, fresh, variety meats and by-products, feet, raw	88.00
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	88.00
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	88.00
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	88.00
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	88.00
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	88.00
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	88.00

NDB_No	Description	Cholesterol(mg) Value Per
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	88.00
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	88.00
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	88.00
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	88.00
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	88.00
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	88.00
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	88.00
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	88.00
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	88.00
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	88.00
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	88.00
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	88.00
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	88.00
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	88.00
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	88.00
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	88.00
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	88.00
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	88.00
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	88.00
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	88.00
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	88.00
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	88.00
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	88.00
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	88.00
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	88.00
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	88.00
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	88.00
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	88.00
18325	Pie, pecan, prepared from recipe	87.00
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	87.00
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	87.00
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	87.00
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	87.00
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	87.00
23419	Beef, New Zealand, imported, intermuscular fat, cooked	87.00
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	87.00

NDB_No	Description	Cholesterol(mg) Value Per
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	87.00
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	87.00
32020	Chicken, thighs, frozen, breaded, reheated	87.00
36013	Restaurant, family style, sirloin steak	87.00
36016	Restaurant, family style, shrimp, breaded and fried	87.00
36608	CRACKER BARREL, grilled sirloin steak	87.00
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	87.00
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	87.00
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	87.00
05133	Chicken, capons, meat and skin and giblets and neck, raw	87.00
05183	Turkey, dark meat, meat and skin, raw	87.00
05622	Emu, ground, cooked, pan-broiled	87.00
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	87.00
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	87.00
07083	Sausage, Vienna, canned, chicken, beef, pork	87.00
07960	Bologna, chicken, pork	87.00
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	87.00
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	87.00
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	87.00
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	87.00
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	87.00
13339	Beef, variety meats and by-products, tongue, raw	87.00
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	87.00
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	87.00
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	87.00
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	87.00
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	87.00
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	87.00
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	87.00
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	87.00
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	87.00
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	87.00
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	87.00
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	87.00
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	87.00
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	87.00

NDB_No	Description	Cholesterol(mg) Value Per
01032	Cheese, parmesan, grated	86.00
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	86.00
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	86.00
05109	Chicken, roasting, meat and skin and giblets and neck, raw	86.00
05136	Chicken, capons, meat and skin, cooked, roasted	86.00
05332	Chicken, ground, raw	86.00
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	86.00
07064	Pork sausage, link/patty, cooked, pan-fried	86.00
07254	Turkey bacon, unprepared	86.00
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	86.00
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	86.00
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	86.00
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	86.00
10165	Pork, cured, salt pork, raw	86.00
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	86.00
13348	Beef, cured, corned beef, canned	86.00
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	86.00
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	86.00
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	86.00
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	86.00
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	86.00
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	86.00
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	86.00
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	86.00
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	86.00
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	86.00
15064	Fish, pike, walleye, raw	86.00
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	86.00
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	86.00
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	86.00
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	86.00
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	86.00
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	86.00
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	86.00
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	86.00
21023	Fast foods, french toast with butter	86.00

NDB_No	Description	Cholesterol(mg) Value Per
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	86.00
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	86.00
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	86.00
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	86.00
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	86.00
23503	USDA Commodity, beef, patties (100%), frozen, cooked	86.00
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	86.00
36001	APPLEBEE'S, Double Crunch Shrimp	86.00
43282	Quail, cooked, total edible	86.00
18103	Coffeecake, cheese	85.00
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.00
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.00
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.00
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.00
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.00
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.00
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.00
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.00
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.00
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.00
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	85.00
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	85.00
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	85.00
01044	Cheese, pasteurized process, swiss	85.00
04542	Fat, chicken	85.00
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	85.00
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	85.00
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	85.00
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	85.00
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	85.00
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	85.00
05626	Emu, full rump, raw	85.00
05656	Ostrich, tip trimmed, cooked	85.00
07964	Frankfurter, meat and poultry, cooked, grilled	85.00
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	85.00
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.00

NDB_No	Description	Cholesterol(mg) Value Per
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.00
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.00
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.00
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.00
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.00
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.00
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.00
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.00
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.00
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.00
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.00
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.00
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.00
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.00
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.00
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.00
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.00
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.00
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.00
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.00
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.00
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.00
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.00
15002	Fish, anchovy, european, canned in oil, drained solids	85.00
15155	Mollusks, abalone, mixed species, raw	85.00
15210	Fish, salmon, chinook, cooked, dry heat	85.00
17164	Game meat, deer, raw	85.00
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.00
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.00
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.00
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.00
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.00
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.00
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	85.00
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.00
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	84.00

NDB_No	Description	Cholesterol(mg) Value Per
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	84.00
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	84.00
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	84.00
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	84.00
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	84.00
05140	Duck, domesticated, meat and skin, cooked, roasted	84.00
05148	Goose, domesticated, meat only, raw	84.00
05335	Chicken, feet, boiled	84.00
05705	Turkey, whole, meat only, with added solution, roasted	84.00
05734	Turkey, retail parts, wing, meat and skin, raw	84.00
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	84.00
07963	Frankfurter, meat and poultry, cooked, boiled	84.00
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	84.00
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	84.00
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	84.00
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	84.00
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	84.00
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	84.00
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	84.00
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	84.00
13317	Beef, ground, patties, frozen, cooked, broiled	84.00
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	84.00
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	84.00
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	84.00
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	84.00
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	84.00
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	84.00
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	84.00
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	84.00
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	84.00
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	84.00
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	84.00
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	84.00
15009	Fish, carp, cooked, dry heat	84.00
15021	Fish, croaker, Atlantic, cooked, breaded and fried	84.00
15133	Fish, whiting, mixed species, cooked, dry heat	84.00

NDB_No	Description	Cholesterol(mg) Value Per
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	84.00
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	84.00
19168	Desserts, egg custard, baked, prepared-from-recipe	84.00
20109	Noodles, egg, dry, enriched	84.00
20409	Noodles, egg, dry, unenriched	84.00
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	84.00
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	84.00
23220	Beef, ground, unspecified fat content, cooked	84.00
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	84.00
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	84.00
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	84.00
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	84.00
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	84.00
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	84.00
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	84.00
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	84.00
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	84.00
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	84.00
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	84.00
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	84.00
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	84.00
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	84.00
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	84.00
18218	Crackers, matzo, egg	83.00
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	83.00
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	83.00
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	83.00
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	83.00
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	83.00
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	83.00
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	83.00
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	83.00
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	83.00
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	83.00
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	83.00
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	83.00

NDB_No	Description	Cholesterol(mg) Value Per
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	83.00
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	83.00
36612	DENNY'S, golden fried shrimp	83.00
05014	Chicken, broilers or fryers, meat only, stewed	83.00
05018	Chicken, broilers or fryers, skin only, cooked, roasted	83.00
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	83.00
05088	Chicken, broilers or fryers, neck, meat only, raw	83.00
05126	Chicken, stewing, meat only, cooked, stewed	83.00
05336	USDA Commodity Chicken, canned, meat only, drained	83.00
05642	Ostrich, ground, cooked, pan-broiled	83.00
05742	Turkey, retail parts, thigh, meat and skin, raw	83.00
07954	Beef sausage, pre-cooked	83.00
07959	Bologna, chicken, pork, beef	83.00
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	83.00
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	83.00
10132	Pork, cured, feet, pickled	83.00
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	83.00
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	83.00
10942	Pork, fresh, composite of separable fat, with added solution, raw	83.00
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	83.00
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	83.00
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	83.00
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	83.00
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	83.00
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	83.00
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	83.00
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	83.00
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	83.00
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	83.00
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	83.00
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	83.00
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	83.00
15093	Fish, seatrout, mixed species, raw	83.00
15191	Fish, butterfish, cooked, dry heat	83.00
15260	Fish, salmon, pink, canned, drained solids	83.00
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	83.00

NDB_No	Description	Cholesterol(mg) Value Per
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	83.00
17113	Veal, rib, separable lean only, raw	83.00
17125	Veal, shoulder, arm, separable lean only, raw	83.00
17162	Game meat, caribou, raw	83.00
17183	Game meat, squirrel, raw	83.00
17285	Lamb, Australian, imported, fresh, separable fat, cooked	83.00
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	83.00
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	83.00
17331	Game meat, bison, ground, cooked, pan-broiled	83.00
01047	Cheese food, pasteurized process, swiss	82.00
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	82.00
05624	Emu, fan fillet, cooked, broiled	82.00
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	82.00
05736	Turkey, retail parts, drumstick, meat and skin, raw	82.00
07956	Beef sausage, fresh, cooked	82.00
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	82.00
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	82.00
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	82.00
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	82.00
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	82.00
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	82.00
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	82.00
13344	Beef, cured, breakfast strips, raw or unheated	82.00
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	82.00
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	82.00
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	82.00
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	82.00
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	82.00
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	82.00
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	82.00
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	82.00
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	82.00
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	82.00
15042	Fish, herring, Atlantic, kippered	82.00
15195	Fish, drum, freshwater, cooked, dry heat	82.00
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	82.00

NDB_No	Description	Cholesterol(mg) Value Per
17110	Veal, rib, separable lean and fat, raw	82.00
17122	Veal, shoulder, arm, separable lean and fat, raw	82.00
17157	Game meat, bison, separable lean only, cooked, roasted	82.00
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	82.00
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	82.00
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	82.00
18268	French toast, frozen, ready-to-heat	82.00
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	82.00
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	82.00
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	82.00
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	82.00
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	82.00
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	82.00
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	82.00
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	82.00
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	82.00
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	82.00
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	82.00
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	82.00
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	82.00
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	82.00
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	82.00
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	82.00
36615	DENNY'S, top sirloin steak	82.00
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	82.00
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	81.00
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	81.00
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	81.00
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	81.00
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	81.00
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	81.00
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	81.00
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	81.00
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	81.00
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	81.00
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	81.00

NDB_No	Description	Cholesterol(mg) Value Per
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	81.00
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	81.00
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	81.00
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	81.00
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	81.00
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	81.00
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	81.00
43366	Turkey, wing, smoked, cooked, with skin, bone removed	81.00
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	81.00
05053	Chicken, broilers or fryers, back, meat only, raw	81.00
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	81.00
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	81.00
05631	Emu, oyster, raw	81.00
10000	Pork, fresh, composite of separable fat, with added solution, cooked	81.00
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	81.00
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	81.00
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	81.00
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	81.00
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	81.00
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	81.00
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	81.00
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	81.00
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	81.00
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	81.00
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	81.00
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	81.00
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	81.00
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	81.00
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	81.00
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	81.00
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	81.00
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	81.00
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	81.00
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	81.00
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	81.00
17180	Game meat, rabbit, wild, raw	81.00

NDB_No	Description	Cholesterol(mg) Value Per
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	81.00
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	81.00
17449	Lamb, Australian, imported, fresh, external fat, cooked	81.00
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	80.00
05043	Chicken, broilers or fryers, dark meat, meat only, raw	80.00
05111	Canada Goose, breast meat, skinless, raw	80.00
05144	Duck, wild, meat and skin, raw	80.00
05146	Goose, domesticated, meat and skin, raw	80.00
05156	Pheasant, leg, meat only, raw	80.00
05186	Turkey, all classes, light meat, cooked, roasted	80.00
05220	Turkey, breast, from whole bird, meat only, roasted	80.00
05228	Turkey, wing, from whole bird, meat only, roasted	80.00
05654	Ostrich, tenderloin, raw	80.00
05739	Turkey, drumstick, from whole bird, meat only, roasted	80.00
07926	Salami, Italian, pork	80.00
07952	Bologna, chicken, turkey, pork	80.00
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	80.00
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	80.00
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	80.00
10088	Pork, fresh, spareribs, separable lean and fat, raw	80.00
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	80.00
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	80.00
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	80.00
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	80.00
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	80.00
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	80.00
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	80.00
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	80.00
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	80.00
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	80.00
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	80.00
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	80.00
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	80.00
15004	Fish, bass, striped, raw	80.00
15106	Fish, sturgeon, mixed species, smoked	80.00
15232	Fish, roughy, orange, cooked, dry heat	80.00

NDB_No	Description	Cholesterol(mg) Value Per
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	80.00
17343	Game meat, deer, ground, raw	80.00
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	80.00
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	80.00
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	80.00
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	80.00
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	80.00
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	80.00
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	80.00
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	80.00
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	80.00
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	80.00
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	80.00
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	80.00
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	80.00
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	80.00
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	80.00
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	80.00
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	80.00
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	80.00
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	79.00
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	79.00
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	79.00
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	79.00
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	79.00
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	79.00
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	79.00
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	79.00
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	79.00
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	79.00
36000	APPLEBEE'S, 9 oz house sirloin steak	79.00
43340	Cheese, parmesan, low sodium	79.00
01026	Cheese, mozzarella, whole milk	79.00
01157	Cheese, goat, semisoft type	79.00
05048	Chicken, broilers or fryers, back, meat and skin, raw	79.00
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	79.00

NDB_No	Description	Cholesterol(mg) Value Per
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	79.00
05124	Chicken, stewing, meat and skin, cooked, stewed	79.00
05187	Turkey from whole, dark meat, meat only, raw	79.00
05215	Turkey, back from whole bird, meat only, raw	79.00
05649	Ostrich, outside strip, raw	79.00
05694	Turkey, dark meat from whole, meat only, with added solution, raw	79.00
05716	Turkey, retail parts, drumstick, meat only, raw	79.00
05719	Turkey, back, from whole bird, meat only, with added solution, raw	79.00
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	79.00
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	79.00
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	79.00
05740	Turkey, thigh, from whole bird, meat only, raw	79.00
07071	Salami, dry or hard, pork	79.00
07910	Bratwurst, veal, cooked	79.00
07936	Bologna, pork and turkey, lite	79.00
07953	Pork sausage, link/patty, fully cooked, microwaved	79.00
10007	Pork, fresh, separable fat, cooked	79.00
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	79.00
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	79.00
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	79.00
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	79.00
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	79.00
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	79.00
13350	Beef, cured, dried	79.00
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	79.00
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	79.00
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	79.00
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	79.00
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	79.00
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	79.00
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	79.00
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	79.00
15048	Fish, mackerel, jack, canned, drained solids	79.00
15087	Fish, salmon, sockeye, canned, drained solids	79.00
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	79.00
17137	Veal, sirloin, separable lean only, raw	79.00

NDB_No	Description	Cholesterol(mg) Value Per
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	79.00
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	79.00
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	79.00
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	79.00
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	79.00
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	79.00
01227	Cheese, dry white, queso seco	78.00
01252	Cheese product, pasteurized process, American, vitamin D fortified	78.00
03014	Babyfood, meat, chicken sticks, junior	78.00
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	78.00
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	78.00
05630	Emu, outside drum, raw	78.00
05668	Ground turkey, 85% lean, 15% fat, raw	78.00
05717	Turkey, retail parts, thigh, meat only, raw	78.00
07044	USDA Commodity, luncheon meat, canned	78.00
07922	Bratwurst, beef and pork, smoked	78.00
07962	Frankfurter, meat and poultry, unheated	78.00
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	78.00
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	78.00
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	78.00
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	78.00
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	78.00
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	78.00
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	78.00
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	78.00
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	78.00
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	78.00
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	78.00
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	78.00
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	78.00
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	78.00
13498	Beef, ground, 70% lean meat / 30% fat, raw	78.00
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	78.00
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	78.00
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	78.00
15111	Fish, swordfish, cooked, dry heat	78.00

NDB_No	Description	Cholesterol(mg) Value Per
15139	Crustaceans, crab, blue, raw	78.00
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	78.00
17094	Veal, leg (top round), separable lean and fat, raw	78.00
17099	Veal, leg (top round), separable lean only, raw	78.00
17134	Veal, sirloin, separable lean and fat, raw	78.00
17173	Game meat, moose, cooked, roasted	78.00
17339	Game meat, elk, ground, cooked, pan-broiled	78.00
17341	Game meat, elk, round, separable lean only, cooked, broiled	78.00
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	78.00
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	78.00
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	78.00
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	78.00
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	78.00
17427	Veal, loin, chop, separable lean only, cooked, grilled	78.00
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	78.00
18224	Crackers, rusk toast	78.00
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	78.00
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	78.00
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	78.00
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	78.00
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	78.00
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	78.00
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	78.00
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	78.00
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	78.00
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	78.00
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	78.00
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	78.00
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	78.00
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	78.00
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	78.00
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	78.00
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	78.00
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	78.00
32032	Sausage, egg and cheese breakfast biscuit	78.00
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	77.00

NDB_No	Description	Cholesterol(mg) Value Per
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	77.00
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	77.00
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	77.00
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	77.00
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	77.00
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	77.00
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	77.00
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	77.00
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	77.00
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	77.00
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	77.00
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	77.00
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	77.00
05131	Chicken, stewing, dark meat, meat only, raw	77.00
05141	Duck, domesticated, meat only, raw	77.00
05145	Duck, wild, breast, meat only, raw	77.00
07025	Frankfurter, turkey	77.00
07950	Frankfurter, meat	77.00
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	77.00
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	77.00
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	77.00
13166	USDA Commodity, beef, canned	77.00
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	77.00
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	77.00
15035	Fish, haddock, smoked	77.00
15040	Fish, herring, Atlantic, cooked, dry heat	77.00
15043	Fish, herring, Pacific, raw	77.00
15105	Fish, sturgeon, mixed species, cooked, dry heat	77.00
15190	Fish, burbot, cooked, dry heat	77.00
15216	Fish, spot, cooked, dry heat	77.00
15223	Fish, whitefish, mixed species, cooked, dry heat	77.00
17159	Game meat, boar, wild, cooked, roasted	77.00
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	77.00
17284	Lamb, Australian, imported, fresh, separable fat, raw	77.00
17424	Veal, ground, cooked, pan-fried	77.00
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	77.00

NDB_No	Description	Cholesterol(mg) Value Per
01054	Cream, whipped, cream topping, pressurized	76.00
01260	Cheese, cheddar, reduced fat	76.00
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	76.00
05112	Chicken, roasting, meat and skin, cooked, roasted	76.00
05139	Duck, domesticated, meat and skin, raw	76.00
05157	Quail, meat and skin, raw	76.00
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	76.00
07036	Sausage, Italian, pork, raw	76.00
07070	Salami, cooked, turkey	76.00
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	76.00
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	76.00
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	76.00
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	76.00
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	76.00
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	76.00
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	76.00
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	76.00
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	76.00
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	76.00
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	76.00
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	76.00
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	76.00
15051	Fish, mackerel, spanish, raw	76.00
15189	Fish, bluefish, cooked, dry heat	76.00
15226	Crustaceans, crab, dungeness, cooked, moist heat	76.00
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	76.00
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	76.00
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	76.00
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	76.00
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	76.00
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	76.00
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	76.00
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	76.00
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	76.00
18355	Sweet rolls, cheese	76.00
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	76.00

NDB_No	Description	Cholesterol(mg) Value Per
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	76.00
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	76.00
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	76.00
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	76.00
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	76.00
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	76.00
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	76.00
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	76.00
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	76.00
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	76.00
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	76.00
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	76.00
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	76.00
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	76.00
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	76.00
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	76.00
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	76.00
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	76.00
18141	Cake, yellow, commercially prepared, with vanilla frosting	75.00
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	75.00
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	75.00
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	75.00
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	75.00
23577	Beef, ground, 75% lean meat / 25% fat, raw	75.00
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	75.00
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	75.00
01004	Cheese, blue	75.00
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	75.00
05006	Chicken, broilers or fryers, meat and skin, raw	75.00
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	75.00
05114	Chicken, roasting, meat only, cooked, roasted	75.00
05118	Chicken, roasting, light meat, meat only, cooked, roasted	75.00
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	75.00
05135	Chicken, capons, meat and skin, raw	75.00
05657	Ostrich, top loin, raw	75.00
07011	Bologna, turkey	75.00

NDB_No	Description	Cholesterol(mg) Value Per
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	75.00
07937	Bologna, pork, turkey and beef	75.00
07955	Turkey sausage, fresh, raw	75.00
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	75.00
10158	USDA Commodity, pork, canned	75.00
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	75.00
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	75.00
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	75.00
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	75.00
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	75.00
15047	Fish, mackerel, Atlantic, cooked, dry heat	75.00
15094	Fish, shad, american, raw	75.00
17169	Game meat, goat, cooked, roasted	75.00
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	75.00
17276	Veal, shank (fore and hind), separable lean and fat, raw	75.00
17278	Veal, shank (fore and hind), separable lean only, raw	75.00
17340	Game meat, elk, loin, separable lean only, cooked, broiled	75.00
01031	Cheese, neufchatel	74.00
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	74.00
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	74.00
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	74.00
05151	Guinea hen, meat and skin, raw	74.00
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	74.00
05665	Ground turkey, 93% lean, 7% fat, raw	74.00
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	74.00
06128	Soup, chicken noodle, dry, mix	74.00
07013	Bratwurst, pork, cooked	74.00
07078	Thuringer, cervelat, summer sausage, beef, pork	74.00
07967	Pork sausage, link/patty, fully cooked, unheated	74.00
10001	Pork, fresh, carcass, separable lean and fat, raw	74.00
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	74.00
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	74.00
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	74.00
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	74.00
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	74.00
13001	Beef, carcass, separable lean and fat, choice, raw	74.00

NDB_No	Description	Cholesterol(mg) Value Per
13002	Beef, carcass, separable lean and fat, select, raw	74.00
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	74.00
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	74.00
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	74.00
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	74.00
15079	Fish, salmon, chum, raw	74.00
15219	Fish, trout, mixed species, cooked, dry heat	74.00
15267	Fish, pollock, Alaska, cooked (not previously frozen)	74.00
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	74.00
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	74.00
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	74.00
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	74.00
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	74.00
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	74.00
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	74.00
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	74.00
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	74.00
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	74.00
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	74.00
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	74.00
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	74.00
18154	Cookies, brownies, prepared from recipe	73.00
20093	Pasta, fresh-refrigerated, plain, as purchased	73.00
20095	Pasta, fresh-refrigerated, spinach, as purchased	73.00
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	73.00
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	73.00
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	73.00
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	73.00
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	73.00
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	73.00
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	73.00
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	73.00
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	73.00
05643	Ostrich, fan, raw	73.00
05645	Ostrich, inside leg, cooked	73.00
05646	Ostrich, inside strip, raw	73.00

NDB_No	Description	Cholesterol(mg) Value Per
05651	Ostrich, oyster, raw	73.00
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	73.00
07949	Frankfurter, meat, heated	73.00
07968	Kielbasa, fully cooked, grilled	73.00
07969	Kielbasa, fully cooked, pan-fried	73.00
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	73.00
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	73.00
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	73.00
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	73.00
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	73.00
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	73.00
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	73.00
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	73.00
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	73.00
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	73.00
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	73.00
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	73.00
15023	Fish, mahimahi, raw	73.00
15052	Fish, mackerel, spanish, cooked, dry heat	73.00
17092	Veal, composite of trimmed retail cuts, separable fat, raw	73.00
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	73.00
17167	Game meat, elk, cooked, roasted	73.00
17224	Lamb, ground, raw	73.00
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	73.00
01007	Cheese, camembert	72.00
01146	Cheese, parmesan, shredded	72.00
05119	Chicken, roasting, dark meat, meat only, raw	72.00
05165	Turkey, whole, meat and skin, raw	72.00
05655	Ostrich, tip trimmed, raw	72.00
07957	Pork and turkey sausage, pre-cooked	72.00
10005	Pork, fresh, belly, raw	72.00
10006	Pork, fresh, separable fat, raw	72.00
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	72.00
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	72.00
10219	Pork, fresh, ground, raw	72.00
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	72.00

NDB_No	Description	Cholesterol(mg) Value Per
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	72.00
10894	Pork, cured, ham, separable fat, boneless, heated	72.00
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	72.00
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	72.00
11656	Corn pudding, home prepared	72.00
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	72.00
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	72.00
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	72.00
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	72.00
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	72.00
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	72.00
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	72.00
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	72.00
15233	Fish, catfish, channel, wild, cooked, dry heat	72.00
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	72.00
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	72.00
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	72.00
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	72.00
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	72.00
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	72.00
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	72.00
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	72.00
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	72.00
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	72.00
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	72.00
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	72.00
17425	Veal, leg, top round, cap off, outlet, boneless, cooked, grilled	72.00
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	72.00
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	72.00
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	72.00
18292	Pancakes, plain, dry mix, incomplete, prepared	71.00
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	71.00
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	71.00
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	71.00
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	71.00
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	71.00

NDB_No	Description	Cholesterol(mg) Value Per
23572	Beef, ground, 80% lean meat / 20% fat, raw	71.00
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	71.00
05123	Chicken, stewing, meat and skin, raw	71.00
05153	Pheasant, raw, meat and skin	71.00
05193	Turkey, all classes, leg, meat and skin, raw	71.00
05354	USDA Commodity, turkey taco meat, frozen, cooked	71.00
05623	Emu, fan fillet, raw	71.00
05625	Emu, flat fillet, raw	71.00
05641	Ostrich, ground, raw	71.00
05653	Ostrich, round, raw	71.00
05663	Ground turkey, fat free, pan-broiled crumbles	71.00
07065	Pork and beef sausage, fresh, cooked	71.00
07068	Salami, cooked, beef	71.00
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	71.00
07916	Sausage, Polish, pork and beef, smoked	71.00
07923	Bratwurst, chicken, cooked	71.00
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	71.00
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	71.00
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	71.00
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	71.00
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	71.00
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	71.00
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	71.00
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	71.00
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	71.00
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	71.00
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	71.00
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	71.00
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	71.00
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	71.00
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	71.00
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	71.00
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	71.00
15011	Fish, catfish, channel, cooked, breaded and fried	71.00
15065	Fish, pollock, Atlantic, raw	71.00
15168	Mollusks, oyster, eastern, cooked, breaded and fried	71.00

NDB_No	Description	Cholesterol(mg) Value Per
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	71.00
15225	Fish, yellowtail, mixed species, cooked, dry heat	71.00
15227	Crustaceans, crab, queen, cooked, moist heat	71.00
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	71.00
17148	Bison, ground, grass-fed, cooked	71.00
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	71.00
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	71.00
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	71.00
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	71.00
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	71.00
17271	Veal, breast, whole, boneless, separable lean and fat, raw	71.00
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	71.00
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	71.00
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	71.00
01229	Cheese, white, queso blanco	70.00
03021	Babyfood, meat, meat sticks, junior	70.00
05011	Chicken, broilers or fryers, meat only, raw	70.00
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	70.00
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	70.00
05130	Chicken, stewing, light meat, meat only, cooked, stewed	70.00
05158	Quail, meat only, raw	70.00
05195	Turkey, all classes, wing, meat and skin, raw	70.00
05706	Turkey, whole, meat and skin, with added solution, raw	70.00
05711	Turkey, retail parts, breast, meat only, cooked, roasted	70.00
07030	Ham, minced	70.00
07059	Polish sausage, pork	70.00
07063	Pork sausage, link/patty, unprepared	70.00
07912	Roast beef spread	70.00
07934	Kielbasa, Polish, turkey and beef, smoked	70.00
07979	Sausage, pork, turkey, and beef, reduced sodium	70.00
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	70.00
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	70.00
10146	Pork, cured, ham, patties, unheated	70.00
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	70.00
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	70.00
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	70.00

NDB_No	Description	Cholesterol(mg) Value Per
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	70.00
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	70.00
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	70.00
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	70.00
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	70.00
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	70.00
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	70.00
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	70.00
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	70.00
15046	Fish, mackerel, Atlantic, raw	70.00
15099	Fish, smelt, rainbow, raw	70.00
15154	Crustaceans, spiny lobster, mixed species, raw	70.00
15241	Fish, trout, rainbow, farmed, cooked, dry heat	70.00
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	70.00
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	70.00
17330	Game meat , bison, ground, raw	70.00
18378	Cookies, chocolate chip, prepared from recipe, made with butter	70.00
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	70.00
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	70.00
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	70.00
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	70.00
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	70.00
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	70.00
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	70.00
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	70.00
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	70.00
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	70.00
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	70.00
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	70.00
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	70.00
18105	Coffeecake, creme-filled with chocolate frosting	69.00
18367	Waffles, plain, prepared from recipe	69.00
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	69.00
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	69.00
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	69.00
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	69.00

NDB_No	Description	Cholesterol(mg) Value Per
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	69.00
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	69.00
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	69.00
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	69.00
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	69.00
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	69.00
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	69.00
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	69.00
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	69.00
01035	Cheese, provolone	69.00
01094	Milk, buttermilk, dried	69.00
01228	Cheese, fresh, queso fresco	69.00
05305	Ground turkey, raw	69.00
05621	Emu, ground, raw	69.00
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	69.00
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	69.00
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	69.00
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	69.00
07034	Headcheese, pork	69.00
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	69.00
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	69.00
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	69.00
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	69.00
10128	Pork, cured, breakfast strips, raw or unheated	69.00
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	69.00
10192	Pork, fresh, backribs, separable lean and fat, raw	69.00
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	69.00
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	69.00
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	69.00
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	69.00
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	69.00
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	69.00
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	69.00
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	69.00
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	69.00
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	69.00

NDB_No	Description	Cholesterol(mg) Value Per
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	69.00
15116	Fish, trout, rainbow, wild, cooked, dry heat	69.00
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	69.00
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	69.00
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	69.00
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	69.00
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	69.00
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	69.00
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	69.00
01033	Cheese, parmesan, hard	68.00
07016	Cheesefurter, cheese smokie, pork, beef	68.00
07052	Pastrami, turkey	68.00
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	68.00
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	68.00
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	68.00
10972	Pork, ground, 84% lean / 16% fat, raw	68.00
11414	Potato salad, home-prepared	68.00
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	68.00
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	68.00
13335	Beef, variety meats and by-products, suet, raw	68.00
13355	Beef, cured, pastrami	68.00
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	68.00
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	68.00
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	68.00
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	68.00
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	68.00
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	68.00
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	68.00
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	68.00
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	68.00
15003	Fish, bass, fresh water, mixed species, raw	68.00
15200	Fish, mackerel, king, cooked, dry heat	68.00
17171	Game meat, horse, cooked, roasted	68.00
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	68.00
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	68.00
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	68.00

NDB_No	Description	Cholesterol(mg) Value Per
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	68.00
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	68.00
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	68.00
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	68.00
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	68.00
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	68.00
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	68.00
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	68.00
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	68.00
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	68.00
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	68.00
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	68.00
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	68.00
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	68.00
23567	Beef, ground, 85% lean meat / 15% fat, raw	68.00
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	68.00
18239	Croissants, butter	67.00
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	67.00
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	67.00
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	67.00
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	67.00
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	67.00
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	67.00
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	67.00
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	67.00
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	67.00
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	67.00
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	67.00
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	67.00
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	67.00
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	67.00
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	67.00
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	67.00
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	67.00
36606	CRACKER BARREL, farm raised catfish platter	67.00
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	67.00

NDB_No	Description	Cholesterol(mg) Value Per
43297	Pork, oriental style, dehydrated	67.00
04143	Salad dressing, italian dressing, commercial, regular, without salt	67.00
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	67.00
05167	Turkey, whole, meat only, raw	67.00
05181	Turkey from whole, light meat, meat and skin, raw	67.00
05337	USDA Commodity, Chicken, canned, meat only, with water	67.00
05338	USDA Commodity, Chicken, canned, meat only, with broth	67.00
05628	Emu, inside drum, raw	67.00
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	67.00
07965	Pork sausage, link/patty, reduced fat, unprepared	67.00
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	67.00
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	67.00
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	67.00
10072	Pork, fresh, shoulder, whole, separable lean only, raw	67.00
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	67.00
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	67.00
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	67.00
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	67.00
10998	Canadian bacon, cooked, pan-fried	67.00
13357	Beef, cured, sausage, cooked, smoked	67.00
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	67.00
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	67.00
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	67.00
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	67.00
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	67.00
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	67.00
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	67.00
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	67.00
15108	Fish, sunfish, pumpkin seed, raw	67.00
15132	Fish, whiting, mixed species, raw	67.00
15159	Mollusks, clam, mixed species, cooked, moist heat	67.00
15199	Fish, lingcod, cooked, dry heat	67.00
15202	Fish, milkfish, cooked, dry heat	67.00
15206	Fish, pout, ocean, cooked, dry heat	67.00
15213	Fish, scup, cooked, dry heat	67.00
15253	Salmon, sockeye, canned, total can contents	67.00

NDB_No	Description	Cholesterol(mg) Value Per
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	67.00
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	67.00
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	67.00
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	67.00
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	67.00
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	67.00
05154	Pheasant, raw, meat only	66.00
05284	Turkey, canned, meat only, with broth	66.00
05644	Ostrich, inside leg, raw	66.00
05712	Turkey, retail parts, wing, meat only, raw	66.00
07915	Sausage, Polish, beef with chicken, hot	66.00
07939	Frankfurter, pork	66.00
07972	Meatballs, frozen, Italian style	66.00
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	66.00
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	66.00
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	66.00
10123	Pork, cured, bacon, unprepared	66.00
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	66.00
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	66.00
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	66.00
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	66.00
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	66.00
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	66.00
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	66.00
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	66.00
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	66.00
15008	Fish, carp, raw	66.00
15034	Fish, haddock, cooked, dry heat	66.00
15110	Fish, swordfish, raw	66.00
15235	Fish, catfish, channel, farmed, cooked, dry heat	66.00
15264	Salmon, sockeye, canned, drained solids, without skin and bones	66.00
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	66.00
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	66.00
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	66.00
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	66.00
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	66.00

NDB_No	Description	Cholesterol(mg) Value Per
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	66.00
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	66.00
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	66.00
17154	Veal, Australian, separable fat, raw	66.00
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	66.00
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	66.00
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	66.00
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	66.00
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	66.00
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	66.00
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	66.00
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	66.00
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	66.00
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	66.00
17338	Game meat, elk, ground, raw	66.00
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	66.00
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	66.00
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	66.00
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	66.00
18356	Sweet rolls, cinnamon, commercially prepared with raisins	66.00
18969	Cream puff, eclair, custard or cream filled, iced	66.00
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	66.00
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	66.00
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	66.00
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	66.00
23094	Beef, chuck for stew, separable lean and fat, select, raw	66.00
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	66.00
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	66.00
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	66.00
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	66.00
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	66.00
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	66.00
23296	Beef, Australian, imported, grass-fed, external fat, raw	66.00
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	66.00
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	66.00
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	66.00

NDB_No	Description	Cholesterol(mg) Value Per
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	66.00
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	66.00
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	66.00
42190	Pork sausage rice links, brown and serve, cooked	66.00
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	65.00
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	65.00
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	65.00
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	65.00
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	65.00
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	65.00
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	65.00
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	65.00
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	65.00
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	65.00
23297	Beef, Australian, imported, grass-fed, seam fat, raw	65.00
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	65.00
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	65.00
23562	Beef, ground, 90% lean meat / 10% fat, raw	65.00
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	65.00
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	65.00
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	65.00
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	65.00
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	65.00
42155	Cheese, monterey, low fat	65.00
01271	Cheese, mozzarella, low moisture, part-skim, shredded	65.00
03017	Babyfood, meat, turkey sticks, junior	65.00
05113	Chicken, roasting, meat only, raw	65.00
05191	Turkey, all classes, breast, meat and skin, raw	65.00
05648	Ostrich, outside leg, raw	65.00
05664	Ground turkey, fat free, patties, broiled	65.00
07077	Smoked link sausage, pork and beef, nonfat dry milk added	65.00
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	65.00
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	65.00
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	65.00
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	65.00
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	65.00

NDB_No	Description	Cholesterol(mg) Value Per
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	65.00
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	65.00
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	65.00
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	65.00
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	65.00
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	65.00
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	65.00
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	65.00
15007	Fish, butterfish, raw	65.00
15177	Mollusks, whelk, unspecified, raw	65.00
15250	Mollusks, conch, baked or broiled	65.00
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	65.00
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	65.00
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	65.00
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	65.00
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	65.00
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	65.00
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	65.00
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	65.00
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	65.00
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	65.00
01028	Cheese, mozzarella, part skim milk	64.00
01029	Cheese, mozzarella, low moisture, part-skim	64.00
01045	Cheese food, cold pack, American	64.00
05057	Chicken, broilers or fryers, breast, meat and skin, raw	64.00
05300	Turkey sticks, breaded, battered, fried	64.00
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	64.00
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	64.00
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	64.00
07090	Luncheon sausage, pork and beef	64.00
07201	OSCAR MAYER, Bologna (beef)	64.00
07930	Yachtwurst, with pistachio nuts, cooked	64.00
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	64.00
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	64.00
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	64.00
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	64.00

NDB_No	Description	Cholesterol(mg) Value Per
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	64.00
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	64.00
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	64.00
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	64.00
15024	Fish, drum, freshwater, raw	64.00
15069	Fish, pompano, florida, cooked, dry heat	64.00
15075	Fish, sablefish, smoked	64.00
15098	Fish, sheepshead, cooked, dry heat	64.00
15113	Fish, tilefish, cooked, dry heat	64.00
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	64.00
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	64.00
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	64.00
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	64.00
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	64.00
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	64.00
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	64.00
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	64.00
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	64.00
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	64.00
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	64.00
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	64.00
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	64.00
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	64.00
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	64.00
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	64.00
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	64.00
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	64.00
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	64.00
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	64.00
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	64.00
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	64.00
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	64.00
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	64.00
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	64.00
23436	Beef, New Zealand, imported, subcutaneous fat, raw	64.00
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	64.00

NDB_No	Description	Cholesterol(mg) Value Per
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	64.00
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	64.00
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	64.00
21101	Fast foods, cheeseburger; triple, regular patty; plain	63.00
23095	Beef, chuck for stew, separable lean and fat, choice, raw	63.00
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	63.00
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	63.00
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	63.00
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	63.00
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	63.00
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	63.00
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	63.00
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	63.00
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	63.00
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	63.00
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	63.00
23472	Beef, ground, 93% lean meat / 7% fat, raw	63.00
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	63.00
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	63.00
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	63.00
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	63.00
42303	Cheese, muenster, low fat	63.00
03197	Babyfood, cereal, with egg yolks, strained	63.00
03198	Babyfood, cereal, with egg yolks, junior	63.00
05019	Chicken, broilers or fryers, skin only, cooked, stewed	63.00
05125	Chicken, stewing, meat only, raw	63.00
05152	Guinea hen, meat only, raw	63.00
05732	Turkey, retail parts, breast, meat and skin, raw	63.00
07015	Brotwurst, pork, beef, link	63.00
07917	Sausage, pork and beef, with cheddar cheese, smoked	63.00
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	63.00
10020	Pork, fresh, loin, whole, separable lean and fat, raw	63.00
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	63.00
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	63.00
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	63.00
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	63.00

NDB_No	Description	Cholesterol(mg) Value Per
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	63.00
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	63.00
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	63.00
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	63.00
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	63.00
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	63.00
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	63.00
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	63.00
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	63.00
15056	Fish, mullet, striped, cooked, dry heat	63.00
15058	Fish, ocean perch, Atlantic, cooked, dry heat	63.00
15208	Fish, sablefish, cooked, dry heat	63.00
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	63.00
15239	Fish, salmon, coho, farmed, cooked, dry heat	63.00
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	63.00
17371	Lamb, New Zealand, imported, ground lamb, raw	63.00
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	63.00
17435	Veal, shank, separable lean and fat, raw	63.00
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	63.00
01209	Cheese, Mexican, blend, reduced fat	62.00
05277	Chicken, canned, meat only, with broth	62.00
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	62.00
07002	Beerwurst, beer salami, pork and beef	62.00
07045	Luncheon meat, pork, canned	62.00
07931	Beerwurst, pork and beef	62.00
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	62.00
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	62.00
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	62.00
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	62.00
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	62.00
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	62.00
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	62.00
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	62.00
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	62.00
13023	Beef, brisket, whole, separable lean only, all grades, raw	62.00
13047	Beef, grass-fed, ground, raw	62.00

NDB_No	Description	Cholesterol(mg) Value Per
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	62.00
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	62.00
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	62.00
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	62.00
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	62.00
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	62.00
15222	Fish, turbot, european, cooked, dry heat	62.00
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	62.00
17128	Veal, shoulder, blade chop, separable lean and fat, raw	62.00
17156	Game meat, bison, separable lean only, raw	62.00
17222	Veal, variety meats and by-products, tongue, raw	62.00
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	62.00
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	62.00
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	62.00
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	62.00
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	62.00
17428	Veal, shank, separable lean only, raw	62.00
18280	Muffins, corn, dry mix, prepared	62.00
18328	Pie, vanilla cream, prepared from recipe	62.00
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	62.00
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	62.00
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	62.00
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	62.00
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	62.00
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	62.00
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	62.00
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	62.00
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	62.00
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	62.00
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	62.00
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	62.00
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	62.00
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	62.00
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	62.00
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	62.00
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	62.00

NDB_No	Description	Cholesterol(mg) Value Per
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	62.00
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	62.00
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	62.00
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	62.00
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	62.00
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	62.00
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	62.00
23557	Beef, ground, 95% lean meat / 5% fat, raw	62.00
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	62.00
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	62.00
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	61.00
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	61.00
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	61.00
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	61.00
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	61.00
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	61.00
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	61.00
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	61.00
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	61.00
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	61.00
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	61.00
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	61.00
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	61.00
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	61.00
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	61.00
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	61.00
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	61.00
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	61.00
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	61.00
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	61.00
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	61.00
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	61.00
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	61.00
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	61.00
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	61.00
36629	Restaurant, Chinese, orange chicken	61.00

NDB_No	Description	Cholesterol(mg) Value Per
43507	Frankfurter, low sodium	61.00
03012	Babyfood, meat, chicken, strained	61.00
05704	Turkey, whole, meat only, with added solution, raw	61.00
07033	Ham and cheese spread	61.00
07074	Smoked link sausage, pork	61.00
07920	Swisswurst, pork and beef, with swiss cheese, smoked	61.00
07970	Kielbasa, fully cooked, unheated	61.00
10895	Pork, cured, ham, separable fat, boneless, unheated	61.00
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	61.00
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	61.00
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	61.00
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	61.00
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	61.00
15020	Fish, croaker, Atlantic, raw	61.00
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	61.00
15086	Fish, salmon, sockeye, cooked, dry heat	61.00
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	61.00
15158	Mollusks, clam, mixed species, cooked, breaded and fried	61.00
15266	Fish, pollock, Alaska, raw (not previously frozen)	61.00
15269	Fish, cod, Pacific, cooked (not previously frozen)	61.00
17161	Game meat, buffalo, water, cooked, roasted	61.00
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	61.00
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	61.00
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	60.00
05708	Turkey, retail parts, breast, meat only, with added solution, raw	60.00
07008	Bologna, beef and pork	60.00
07021	Dutch brand loaf, chicken, pork and beef	60.00
07038	Knackwurst, knockwurst, pork, beef	60.00
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	60.00
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	60.00
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	60.00
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	60.00
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	60.00
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	60.00
15001	Fish, anchovy, european, raw	60.00
15006	Fish, burbot, raw	60.00

NDB_No	Description	Cholesterol(mg) Value Per
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	60.00
15039	Fish, herring, Atlantic, raw	60.00
15073	Fish, roughy, orange, raw	60.00
15103	Fish, spot, raw	60.00
15104	Fish, sturgeon, mixed species, raw	60.00
15130	Fish, whitefish, mixed species, raw	60.00
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	60.00
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	60.00
15274	Fish, trout, brook, raw, New York State	60.00
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	60.00
17131	Veal, shoulder, blade chop, separable lean only, raw	60.00
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	60.00
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	60.00
21140	Side dishes, potato salad	60.00
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	60.00
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	60.00
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	60.00
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	60.00
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	60.00
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	60.00
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	60.00
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	60.00
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	60.00
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	60.00
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	60.00
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	60.00
23477	Beef, ground, 97% lean meat / 3% fat, raw	60.00
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	60.00
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	60.00
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	60.00
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	60.00
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	60.00
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	60.00
43541	Ice creams, chocolate, rich	60.00
18293	Pancakes, plain, prepared from recipe	59.00
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	59.00

NDB_No	Description	Cholesterol(mg) Value Per
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	59.00
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	59.00
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	59.00
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	59.00
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	59.00
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	59.00
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	59.00
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	59.00
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	59.00
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	59.00
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	59.00
36051	ON THE BORDER, cheese quesadilla	59.00
36414	Restaurant, Latino, tripe soup	59.00
36633	Restaurant, Chinese, sesame chicken	59.00
01050	Cream, fluid, light (coffee cream or table cream)	59.00
01056	Cream, sour, cultured	59.00
01057	Eggnog	59.00
03013	Babyfood, meat, chicken, junior	59.00
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	59.00
04145	Salad dressing, mayonnaise, soybean oil, without salt	59.00
07003	Beerwurst, beer salami, pork	59.00
07010	Bologna, pork	59.00
07027	Ham, chopped, not canned	59.00
07212	OSCAR MAYER, Ham (chopped with natural juice)	59.00
07978	Pork sausage, reduced sodium, cooked	59.00
10024	Pork, fresh, loin, whole, separable lean only, raw	59.00
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	59.00
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	59.00
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	59.00
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	59.00
10973	Pork, ground, 96% lean / 4% fat, raw	59.00
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	59.00
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	59.00
13149	Beef, rib, shortribs, separable lean only, choice, raw	59.00
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	59.00
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	59.00

NDB_No	Description	Cholesterol(mg) Value Per
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	59.00
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	59.00
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	59.00
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	59.00
15005	Fish, bluefish, raw	59.00
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	59.00
15115	Fish, trout, rainbow, wild, raw	59.00
15143	Crustaceans, crab, dungeness, raw	59.00
15196	Fish, halibut, greenland, cooked, dry heat	59.00
15224	Fish, wolffish, Atlantic, cooked, dry heat	59.00
15240	Fish, trout, rainbow, farmed, raw	59.00
17104	Veal, loin, separable lean and fat, raw	59.00
17172	Game meat, moose, raw	59.00
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	59.00
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	59.00
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	59.00
03015	Babyfood, meat, turkey, strained	58.00
03016	Babyfood, meat, turkey, junior	58.00
05039	Chicken, broilers or fryers, light meat, meat only, raw	58.00
05047	Chicken, broilers or fryers, separable fat, raw	58.00
05155	Pheasant, breast, meat only, raw	58.00
05159	Quail, breast, meat only, raw	58.00
07032	Ham and cheese loaf or roll	58.00
07058	Pickle and pimiento loaf, pork	58.00
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	58.00
07075	Sausage, smoked link sausage, pork and beef	58.00
07945	Frankfurter, beef, heated	58.00
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	58.00
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	58.00
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	58.00
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	58.00
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	58.00
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	58.00
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	58.00
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	58.00
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	58.00

NDB_No	Description	Cholesterol(mg) Value Per
15010	Fish, catfish, channel, wild, raw	58.00
15114	Fish, trout, mixed species, raw	58.00
17000	Veal, Australian, rib, rib roast, separable lean only, raw	58.00
17153	Game meat, beefalo, composite of cuts, cooked, roasted	58.00
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	58.00
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	58.00
18101	Cake, chocolate, prepared from recipe without frosting	58.00
18121	Cake, pound, commercially prepared, other than all butter, enriched	58.00
18390	Pancakes, buttermilk, prepared from recipe	58.00
18418	Cake, pound, commercially prepared, other than all butter, unenriched	58.00
21059	Fast foods, shrimp, breaded and fried	58.00
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	58.00
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	58.00
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	58.00
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	58.00
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	58.00
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	58.00
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	58.00
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	58.00
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	58.00
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	58.00
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	58.00
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	58.00
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	58.00
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	58.00
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	58.00
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	58.00
43326	Pork, cured, ham, low sodium, lean and fat, cooked	58.00
18241	Croissants, cheese	57.00
18251	Doughnuts, cake-type, chocolate, sugared or glazed	57.00
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	57.00
21396	Fast foods, cheeseburger; double, large patty; with condiments	57.00
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	57.00
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	57.00
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	57.00
23431	Beef, New Zealand, imported, ribs prepared, raw	57.00

NDB_No	Description	Cholesterol(mg) Value Per
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	57.00
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	57.00
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	57.00
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	57.00
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	57.00
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	57.00
05105	Chicken, broilers or fryers, wing, meat only, raw	57.00
05117	Chicken, roasting, light meat, meat only, raw	57.00
05185	Turkey from whole, light meat, raw	57.00
05219	Turkey, breast, from whole bird, meat only, raw	57.00
05227	Turkey, wing, from whole bird, meat only, raw	57.00
05738	Turkey, drumstick, from whole bird, meat only, raw	57.00
07007	Bologna, beef	57.00
07029	Ham, sliced, regular (approximately 11% fat)	57.00
07089	Sausage, Italian, pork, cooked	57.00
10004	Pork, fresh, backfat, raw	57.00
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	57.00
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	57.00
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	57.00
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	57.00
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	57.00
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	57.00
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	57.00
15082	Fish, salmon, coho, wild, cooked, moist heat	57.00
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	57.00
15262	Fish, tilapia, cooked, dry heat	57.00
17168	Goat, raw	57.00
17177	Game meat, rabbit, domesticated, composite of cuts, raw	57.00
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	57.00
01182	USDA Commodity, cheese, cheddar, reduced fat	56.00
04544	Shortening, household, lard and vegetable oil	56.00
04549	Shortening industrial, lard and vegetable oil	56.00
07018	Chicken spread	56.00
07050	Mortadella, beef, pork	56.00
07241	OSCAR MAYER, Wieners (beef franks)	56.00
07924	Bratwurst, pork, beef and turkey, lite, smoked	56.00

NDB_No	Description	Cholesterol(mg) Value Per
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	56.00
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	56.00
10150	Pork, cured, ham, whole, separable lean and fat, unheated	56.00
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	56.00
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	56.00
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	56.00
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	56.00
15165	Mollusks, mussel, blue, cooked, moist heat	56.00
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	56.00
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	56.00
18028	Bread, egg, toasted	56.00
18294	Pancakes, blueberry, prepared from recipe	56.00
21143	CHICK-FIL-A, Chick-n-Strips	56.00
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	56.00
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	56.00
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	56.00
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	56.00
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	56.00
43384	Beef, bologna, reduced sodium	56.00
18147	Cheesecake commercially prepared	55.00
21092	Fast foods, cheeseburger; double, regular patty; plain	55.00
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	55.00
21115	Fast foods, hamburger, large, triple patty, with condiments	55.00
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	55.00
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	55.00
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	55.00
23413	Beef, New Zealand, imported, flat, separable lean only, raw	55.00
23418	Beef, New Zealand, imported, inside, raw	55.00
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	55.00
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	55.00
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	55.00
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	55.00
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	55.00
28348	Rolls, dinner, sweet	55.00
01048	Cheese spread, pasteurized process, American	55.00
01208	Cheese, provolone, reduced fat	55.00

NDB_No	Description	Cholesterol(mg) Value Per
05285	Turkey, diced, light and dark meat, seasoned	55.00
05662	Ground turkey, fat free, raw	55.00
07022	Frankfurter, beef, unheated	55.00
07039	Lebanon bologna, beef	55.00
07944	Turkey, white, rotisserie, deli cut	55.00
10153	Pork, cured, ham, whole, separable lean only, roasted	55.00
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	55.00
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	55.00
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	55.00
13000	Beef, grass-fed, strip steaks, lean only, raw	55.00
15016	Fish, cod, Atlantic, cooked, dry heat	55.00
15017	Fish, cod, Atlantic, canned, solids and liquid	55.00
15076	Fish, salmon, Atlantic, wild, raw	55.00
15084	Fish, salmon, pink, canned, total can contents	55.00
15135	Fish, yellowtail, mixed species, raw	55.00
15144	Crustaceans, crab, queen, raw	55.00
15170	Mollusks, oyster, eastern, canned	55.00
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	55.00
15212	Fish, salmon, pink, cooked, dry heat	55.00
15234	Fish, catfish, channel, farmed, raw	55.00
15236	Fish, salmon, Atlantic, farmed, raw	55.00
15247	Fish, salmon, coho, wild, cooked, dry heat	55.00
17107	Veal, loin, separable lean only, raw	55.00
17149	Bison, ground, grass-fed, raw	55.00
17166	Game meat, elk, raw	55.00
05696	Turkey from whole, light meat, meat only, with added solution, raw	54.00
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	54.00
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	54.00
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	54.00
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	54.00
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	54.00
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	54.00
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	54.00
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	54.00
13346	Beef, cured, corned beef, brisket, raw	54.00
15033	Fish, haddock, raw	54.00

NDB_No	Description	Cholesterol(mg) Value Per
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	54.00
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	54.00
18146	Cake, yellow, prepared from recipe without frosting	54.00
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	54.00
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	54.00
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	54.00
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	54.00
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	54.00
36059	Restaurant, Italian, chicken parmesan without pasta	54.00
42151	Vegetable oil-butter spread, reduced calorie	54.00
43274	Cheese, cream, low fat	54.00
43597	Cheese, mozzarella, low sodium	54.00
18321	Pie, lemon meringue, prepared from recipe	53.00
19136	Candies, HERSHEY'S SKOR Toffee Bar	53.00
19138	Candies, truffles, prepared-from-recipe	53.00
19876	Ice creams, BREYERS, All Natural Light French Vanilla	53.00
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	53.00
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.00
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	53.00
23507	USDA Commodity, beef, patties (100%), frozen, raw	53.00
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	53.00
36618	Restaurant, Chinese, general tso's chicken	53.00
42258	Cheese product, pasteurized process, cheddar, reduced fat	53.00
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	53.00
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	53.00
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	53.00
05710	Turkey, retail parts, breast, meat only, raw	53.00
07209	OSCAR MAYER, Chicken Breast (honey glazed)	53.00
07927	Sausage, Italian, turkey, smoked	53.00
07929	Sausage, turkey, hot, smoked	53.00
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	53.00
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	53.00
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	53.00
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	53.00
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	53.00
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	53.00

NDB_No	Description	Cholesterol(mg) Value Per
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	53.00
15049	Fish, mackerel, king, raw	53.00
15092	Fish, sea bass, mixed species, cooked, dry heat	53.00
15137	Crustaceans, crab, alaska king, cooked, moist heat	53.00
15193	Fish, cusk, cooked, dry heat	53.00
15217	Fish, sucker, white, cooked, dry heat	53.00
10152	Pork, cured, ham, whole, separable lean only, unheated	52.00
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	52.00
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	52.00
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	52.00
15045	Fish, lingcod, raw	52.00
15053	Fish, milkfish, raw	52.00
15057	Fish, ocean perch, Atlantic, raw	52.00
15059	Fish, pout, ocean, raw	52.00
15090	Fish, scup, raw	52.00
17170	Game meat, horse, raw	52.00
21112	Fast foods, hamburger; single, large patty; plain	52.00
21417	POPEYES, Mild Chicken Strips, analyzed 2006	52.00
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	52.00
36023	APPLEBEE'S, chicken tenders platter	52.00
36052	Restaurant, Mexican, cheese quesadilla	52.00
18212	Cookies, vanilla wafers, lower fat	51.00
18304	Pie, banana cream, prepared from recipe	51.00
19170	Egg custards, dry mix, prepared with whole milk	51.00
21096	Fast foods, cheeseburger; single, large patty; plain	51.00
21243	WENDY'S, CLASSIC DOUBLE, with cheese	51.00
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	51.00
21421	KFC, Crispy Chicken Strips	51.00
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	51.00
36005	APPLEBEE'S, chicken tenders, from kids' menu	51.00
01036	Cheese, ricotta, whole milk	51.00
03002	Babyfood, meat, beef, strained	51.00
03003	Babyfood, meat, beef, junior	51.00
03199	Babyfood, cereal, with eggs, strained	51.00
07043	Roast beef, deli style, prepackaged, sliced	51.00
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	51.00

NDB_No	Description	Cholesterol(mg) Value Per
10851	HORMEL, Cure 81 Ham	51.00
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	51.00
15085	Fish, salmon, sockeye, raw	51.00
15095	Fish, shark, mixed species, raw	51.00
15198	Fish, ling, cooked, dry heat	51.00
15238	Fish, salmon, coho, farmed, raw	51.00
18027	Bread, egg	51.00
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	50.00
05311	Chicken, canned, no broth	50.00
07081	Turkey breast, sliced, prepackaged	50.00
07088	Honey roll sausage, beef	50.00
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	50.00
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	50.00
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	50.00
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	50.00
15013	Fish, cisco, raw	50.00
15063	Fish, pike, northern, cooked, dry heat	50.00
15068	Fish, pompano, florida, raw	50.00
15070	Fish, rockfish, Pacific, mixed species, raw	50.00
15078	Fish, salmon, chinook, raw	50.00
15097	Fish, sheepshead, raw	50.00
15112	Fish, tilefish, raw	50.00
15160	Mollusks, clam, mixed species, canned, drained solids	50.00
15171	Mollusks, oyster, Pacific, raw	50.00
15261	Fish, tilapia, raw	50.00
18344	Rolls, dinner, egg	50.00
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	50.00
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	50.00
21246	WENDY'S, Chicken Nuggets	50.00
21395	Fast foods, cheeseburger; double, regular patty; with condiments	50.00
21611	School Lunch, chicken nuggets, whole grain breaded	50.00
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	50.00
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	50.00
27066	Sauce, horseradish	50.00
80200	Frog legs, raw	50.00
90560	Mollusks, snail, raw	50.00

NDB_No	Description	Cholesterol(mg) Value Per
93600	Turtle, green, raw	50.00
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	49.00
19205	Egg custards, dry mix, prepared with 2% milk	49.00
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	49.00
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	49.00
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	49.00
23411	Beef, New Zealand, imported, flank, separable lean only, raw	49.00
23427	Beef, New Zealand, imported, manufacturing beef, raw	49.00
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	49.00
42137	Salad dressing, peppercorn dressing, commercial, regular	49.00
07026	Ham, chopped, canned	49.00
07091	New england brand sausage, pork, beef	49.00
07951	Scrapple, pork	49.00
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	49.00
10857	HORMEL Canadian Style Bacon	49.00
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	49.00
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	49.00
15036	Fish, halibut, Atlantic and Pacific, raw	49.00
15055	Fish, mullet, striped, raw	49.00
15074	Fish, sablefish, raw	49.00
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	49.00
17142	Veal, ground, raw	49.00
03007	Babyfood, meat, pork, strained	48.00
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	48.00
10130	Canadian bacon, unprepared	48.00
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	48.00
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	48.00
15129	Fish, turbot, european, raw	48.00
15166	Mollusks, octopus, common, raw	48.00
19002	Snacks, beef jerky, chopped and formed	48.00
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	48.00
21111	Fast foods, hamburger; double, regular patty; with condiments	48.00
21344	McDONALD'S, Double Cheeseburger	48.00
21398	Fast foods, cheeseburger; single, large patty; with condiments	48.00
21401	Fast foods, chicken tenders	48.00
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	48.00

NDB_No	Description	Cholesterol(mg) Value Per
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	48.00
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	47.00
21110	Fast foods, hamburger; double, regular, patty; plain	47.00
21235	McDONALD'S, QUARTER POUNDER with Cheese	47.00
21255	BURGER KING, DOUBLE WHOPPER, with cheese	47.00
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	47.00
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	47.00
05129	Chicken, stewing, light meat, meat only, raw	47.00
07020	Corned beef loaf, jellied	47.00
07925	Pastrami, beef, 98% fat-free	47.00
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	47.00
15019	Fish, cod, Pacific, raw (may have been previously frozen)	47.00
15032	Fish, grouper, mixed species, cooked, dry heat	47.00
15050	Fish, mackerel, Pacific and jack, mixed species, raw	47.00
15102	Fish, snapper, mixed species, cooked, dry heat	47.00
15123	Fish, tuna, fresh, skipjack, raw	47.00
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	47.00
01159	Cheese, goat, soft type	46.00
07004	Sausage, Berliner, pork, beef	46.00
07056	Peppered loaf, pork, beef	46.00
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	46.00
13358	Beef, cured, smoked, chopped beef	46.00
15038	Fish, halibut, Greenland, raw	46.00
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	46.00
15083	Fish, salmon, pink, raw	46.00
15134	Fish, wolffish, Atlantic, raw	46.00
15268	Fish, cod, Pacific, raw (not previously frozen)	46.00
17160	Game meat, buffalo, water, raw	46.00
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	46.00
21254	BURGER KING, DOUBLE WHOPPER, no cheese	46.00
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	46.00
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	46.00
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	46.00
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	46.00
36015	Restaurant, family style, chicken fingers, from kid's menu	46.00
36020	T.G.I. FRIDAY'S, chicken fingers	46.00

NDB_No	Description	Cholesterol(mg) Value Per
36034	Restaurant, family style, chicken tenders	46.00
18270	Hush puppies, prepared from recipe	45.00
18320	Pie, lemon meringue, commercially prepared	45.00
18400	Crackers, matzo, egg and onion	45.00
21118	Fast foods, hotdog, plain	45.00
21119	Fast foods, hotdog, with chili	45.00
21120	Fast foods, hotdog, with corn flour coating (corndog)	45.00
21251	BURGER KING, Cheeseburger	45.00
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	45.00
36019	APPLEBEE'S, chili	45.00
36037	Restaurant, family style, chili with meat and beans	45.00
05323	Chicken patty, frozen, uncooked	45.00
05326	Chicken breast tenders, breaded, cooked, microwaved	45.00
07061	Mother's loaf, pork	45.00
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	45.00
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	45.00
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	45.00
15028	Fish, flatfish (flounder and sole species), raw	45.00
15081	Fish, salmon, coho, wild, raw	45.00
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	44.00
07940	Macaroni and cheese loaf, chicken, pork and beef	44.00
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	44.00
17152	Game meat, beefalo, composite of cuts, raw	44.00
19095	Ice creams, vanilla	44.00
21256	BURGER KING, Chicken Strips	44.00
21309	McDONALD'S, Chicken McNUGGETS	44.00
22973	Corn dogs, frozen, prepared	44.00
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	44.00
36027	DENNY'S, chicken strips	44.00
42161	Bologna, beef, low fat	44.00
42280	Frankfurter, meat and poultry, low fat	44.00
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	44.00
21020	Fast foods, english muffin, with cheese and sausage	43.00
21089	Fast foods, cheeseburger; single, regular patty; plain	43.00
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	43.00
35146	Stew, mutton, corn, squash (Navajo)	43.00

NDB_No	Description	Cholesterol(mg) Value Per
36008	T.G.I. FRIDAY'S, fried mozzarella	43.00
04028	Salad dressing, mayonnaise, imitation, milk cream	43.00
05324	Chicken patty, frozen, cooked	43.00
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	43.00
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	43.00
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	43.00
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	43.00
15015	Fish, cod, Atlantic, raw	43.00
18019	Bread, banana, prepared from recipe, made with margarine	43.00
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	42.00
04025	Salad dressing, mayonnaise, regular	42.00
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	42.00
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	42.00
15126	Fish, tuna, white, canned in water, drained solids	42.00
15136	Crustaceans, crab, alaska king, raw	42.00
15186	Fish, tuna, white, canned in water, without salt, drained solids	42.00
18095	Cake, cherry fudge with chocolate frosting	42.00
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	42.00
18324	Pie, pecan, commercially prepared	42.00
18327	Pie, pumpkin, prepared from recipe	42.00
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	42.00
36050	Restaurant, Mexican, cheese enchilada	42.00
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	42.00
18128	Cake, snack cakes, creme-filled, sponge	41.00
19893	Ice creams, BREYERS, All Natural Light French Chocolate	41.00
20097	Pasta, homemade, made with egg, cooked	41.00
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	41.00
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	41.00
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	41.00
36049	ON THE BORDER, cheese enchilada	41.00
90240	Mollusks, scallop, (bay and sea), cooked, steamed	41.00
05327	Chicken breast tenders, breaded, uncooked	41.00
07028	Ham, sliced, packaged (96% fat free, water added)	41.00
07905	Frankfurter, beef, pork, and turkey, fat free	41.00
10185	Pork, cured, ham, extra lean and regular, canned, roasted	41.00
15022	Fish, cusk, raw	41.00

NDB_No	Description	Cholesterol(mg) Value Per
15091	Fish, sea bass, mixed species, raw	41.00
15107	Fish, sucker, white, raw	41.00
05363	Ruffed Grouse, breast meat, skinless, raw	40.00
15044	Fish, ling, raw	40.00
15167	Mollusks, oyster, eastern, wild, raw	40.00
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	40.00
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	40.00
18433	Danish pastry, lemon, unenriched	40.00
18435	Danish pastry, raspberry, unenriched	40.00
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	40.00
21202	Fast foods, hamburger, large, single patty, with condiments	40.00
21245	WENDY'S, Ultimate Chicken Grill Sandwich	40.00
21422	KFC, Popcorn Chicken	40.00
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	40.00
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	40.00
36024	CRACKER BARREL, chicken tenderloin platter, fried	40.00
36042	OLIVE GARDEN, lasagna classico	40.00
36058	OLIVE GARDEN, chicken parmigiana without pasta	40.00
42179	Frankfurter, beef, low fat	40.00
43017	Salad dressing, green goddess, regular	40.00
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	39.00
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	39.00
21090	Fast foods, cheeseburger; single, regular patty, with condiments	39.00
21234	McDONALD'S, QUARTER POUNDER	39.00
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	39.00
21358	McDONALD'S, Sausage McMUFFIN	39.00
42129	Bologna, beef and pork, low fat	39.00
43015	Salad dressing, caesar dressing, regular	39.00
01055	Cream, sour, reduced fat, cultured	39.00
07935	Oven-roasted chicken breast roll	39.00
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	39.00
15062	Fish, pike, northern, raw	39.00
15080	Fish, salmon, chum, canned, drained solids with bone	39.00
15127	Fish, tuna, fresh, yellowfin, raw	39.00
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	39.00
01164	Cheese sauce, prepared from recipe	38.00

NDB_No	Description	Cholesterol(mg) Value Per
01259	Cheese spread, American or Cheddar cheese base, reduced fat	38.00
03011	Babyfood, meat, lamb, junior	38.00
03246	Babyfood, dessert, custard pudding, vanilla, junior	38.00
07051	Olive loaf, pork	38.00
07062	Picnic loaf, pork, beef	38.00
07073	Sandwich spread, pork, beef	38.00
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	38.00
10184	Pork, cured, ham, extra lean and regular, canned, unheated	38.00
15117	Fish, tuna, fresh, bluefin, raw	38.00
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	38.00
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	38.00
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	38.00
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	38.00
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	38.00
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	38.00
23501	USDA Commodity, beef patties with VPP, frozen, cooked	38.00
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	37.00
18541	ARCHWAY Home Style Cookies, Peanut Butter	37.00
21106	Fast foods, fish sandwich, with tartar sauce and cheese	37.00
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	37.00
21488	Fast foods, quesadilla, with chicken	37.00
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	37.00
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	37.00
36029	DENNY'S, fish fillet, battered or breaded, fried	37.00
07001	Barbecue loaf, pork, beef	37.00
07031	Ham salad spread	37.00
15031	Fish, grouper, mixed species, raw	37.00
15101	Fish, snapper, mixed species, raw	37.00
18090	Cake, boston cream pie, commercially prepared	37.00
03010	Babyfood, meat, lamb, strained	36.00
07060	Luxury loaf, pork	36.00
07932	Chicken breast, fat-free, mesquite flavor, sliced	36.00
07933	Chicken breast, oven-roasted, fat-free, sliced	36.00
15121	Fish, tuna, light, canned in water, drained solids	36.00
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	36.00
18377	Cookies, oatmeal, prepared from recipe, without raisins	36.00

NDB_No	Description	Cholesterol(mg) Value Per
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	36.00
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	36.00
21237	McDONALD'S, BIG MAC	36.00
21242	WENDY'S, Jr. Hamburger, with cheese	36.00
21253	BURGER KING, WHOPPER, with cheese	36.00
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	36.00
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	36.00
21610	School Lunch, chicken patty, whole grain breaded	36.00
22978	Chicken tenders, breaded, frozen, prepared	36.00
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	36.00
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	36.00
36012	Restaurant, family style, fried mozzarella sticks	36.00
36033	Restaurant, family style, fish fillet, battered or breaded, fried	36.00
36041	Restaurant, Italian, lasagna with meat	36.00
36401	Restaurant, Latino, chicken and rice, entree, prepared	36.00
36620	Restaurant, Chinese, shrimp and vegetables	36.00
43278	Cheese, american cheddar, imitation	36.00
18312	Pie, chocolate mousse, prepared from mix, no-bake type	35.00
18316	Pie, coconut custard, commercially prepared	35.00
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	35.00
21102	Fast foods, chicken fillet sandwich, plain with pickles	35.00
21105	Fast foods, fish sandwich, with tartar sauce	35.00
21233	McDONALD'S, Cheeseburger	35.00
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	35.00
21250	BURGER KING, Hamburger	35.00
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	35.00
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	35.00
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	35.00
21526	CHICK-FIL-A, chicken sandwich	35.00
22972	Pulled pork in barbecue sauce	35.00
43275	Cheese, pasteurized process, American, low fat	35.00
43379	Cheese, pasteurized process, swiss, low fat	35.00
43589	Cheese, swiss, low fat	35.00
01049	Cream, fluid, half and half	35.00
01178	Sour cream, reduced fat	35.00
01179	Sour cream, light	35.00

NDB_No	Description	Cholesterol(mg) Value Per
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	35.00
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	35.00
01095	Milk, canned, condensed, sweetened	34.00
13353	Beef, cured, luncheon meat, jellied	34.00
19270	Ice creams, chocolate	34.00
19899	Ice creams, regular, low carbohydrate, chocolate	34.00
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	34.00
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	34.00
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	34.00
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	34.00
28195	MOTHER'S, Chocolate Chip Cookies	34.00
36018	APPLEBEE'S, fish, hand battered	34.00
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	34.00
18184	Cookies, oatmeal, prepared from recipe, with raisins	33.00
18193	Cookies, shortbread, commercially prepared, pecan	33.00
18317	Pie, egg custard, commercially prepared	33.00
20094	Pasta, fresh-refrigerated, plain, cooked	33.00
20096	Pasta, fresh-refrigerated, spinach, cooked	33.00
20112	Noodles, egg, spinach, enriched, cooked	33.00
21107	Fast foods, hamburger; single, regular patty; plain	33.00
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	33.00
23506	USDA Commodity, beef patties with VPP, frozen, raw	33.00
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	33.00
32031	Salisbury steak with gravy, frozen	33.00
36004	APPLEBEE'S, mozzarella sticks	33.00
03005	Babyfood, meat, veal, strained	33.00
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	33.00
04708	Mayonnaise, reduced fat, with olive oil	33.00
15131	Fish, whitefish, mixed species, smoked	33.00
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	32.00
03938	Infant formula, PBM PRODUCTS, store brand, powder	32.00
15014	Fish, cisco, smoked	32.00
15203	Fish, monkfish, cooked, dry heat	32.00
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	32.00
18116	Cake, gingerbread, prepared from recipe	32.00
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	32.00

NDB_No	Description	Cholesterol(mg) Value Per
18206	Cookies, sugar, refrigerated dough, baked	32.00
18250	Doughnuts, cake-type, plain, sugared or glazed	32.00
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	32.00
19898	Ice creams, regular, low carbohydrate, vanilla	32.00
21232	McDONALD'S, FILET-O-FISH	32.00
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	32.00
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	32.00
22908	Beef, corned beef hash, with potato, canned	32.00
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	32.00
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	32.00
36611	DENNY'S, mozzarella cheese sticks	32.00
36617	Restaurant, Chinese, lemon chicken	32.00
18189	Cookies, peanut butter, prepared from recipe	31.00
18240	Croissants, apple	31.00
21141	BURGER KING, Vanilla Shake	31.00
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	31.00
21258	BURGER KING, Premium Fish Sandwich	31.00
21259	BURGER KING, Original Chicken Sandwich	31.00
21263	TACO BELL, Soft Taco with steak	31.00
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	31.00
32028	Turnover, filled with egg, meat and cheese, frozen	31.00
36043	CARRABBA'S ITALIAN GRILL, lasagne	31.00
01037	Cheese, ricotta, part skim milk	31.00
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	31.00
15124	Fish, tuna, white, canned in oil, drained solids	31.00
15185	Fish, tuna, white, canned in oil, without salt, drained solids	31.00
07067	Poultry salad sandwich spread	30.00
07914	Sausage, Italian, sweet, links	30.00
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	30.00
15030	Fish, gefiltefish, commercial, sweet recipe	30.00
15109	Fish, surimi	30.00
15157	Mollusks, clam, mixed species, raw	30.00
15184	Fish, tuna, light, canned in water, without salt, drained solids	30.00
18188	Cookies, peanut butter, refrigerated dough, baked	30.00
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	30.00
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	30.00

NDB_No	Description	Cholesterol(mg) Value Per
18955	Bread, pan dulce, sweet yeast bread	30.00
21121	Fast foods, roast beef sandwich, plain	30.00
21252	BURGER KING, WHOPPER, no cheese	30.00
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	30.00
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	30.00
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	30.00
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	30.00
21527	ARBY'S, roast beef sandwich, classic	30.00
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	30.00
36056	Restaurant, Mexican, cheese tamales	30.00
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	30.00
18148	Cheesecake prepared from mix, no-bake type	29.00
18303	Pie, banana cream, prepared from mix, no-bake type	29.00
19271	Ice creams, strawberry	29.00
20110	Noodles, egg, enriched, cooked	29.00
20310	Noodles, egg, cooked, enriched, with added salt	29.00
20410	Noodles, egg, unenriched, cooked, without added salt	29.00
20510	Noodles, egg, cooked, unenriched, with added salt	29.00
21108	Fast foods, hamburger; single, regular patty; with condiments	29.00
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	29.00
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	29.00
21361	McDONALD'S, Sausage Biscuit	29.00
21487	Fast foods, taco with chicken, lettuce and cheese, soft	29.00
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	29.00
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	29.00
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	29.00
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	29.00
43004	Babyfood, dessert, banana pudding, strained	29.00
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	29.00
01153	Milk, canned, evaporated, with added vitamin A	29.00
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	29.00
01225	Dulce de Leche	29.00
03009	Babyfood, meat, ham, junior	29.00
03072	Babyfood, dinner, chicken stew, toddler	29.00
04703	Salad dressing, honey mustard, regular	29.00
06930	Sauce, cheese, ready-to-serve	29.00

NDB_No	Description	Cholesterol(mg) Value Per
01237	Ice cream, bar or stick, chocolate covered	28.00
15027	Fish, fish sticks, frozen, prepared	28.00
15164	Mollusks, mussel, blue, raw	28.00
18940	Muffin, blueberry, commercially prepared, low-fat	28.00
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	28.00
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	28.00
19114	Ice creams, chocolate, light	28.00
21009	Fast foods, biscuit, with sausage	28.00
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	28.00
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	28.00
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	28.00
21260	TACO BELL, Original Taco with beef, cheese and lettuce	28.00
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	28.00
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	28.00
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	28.00
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	28.00
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	28.00
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	28.00
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	28.00
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	28.00
35144	Stew, dumpling with mutton (Navajo)	28.00
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	28.00
18164	Cookies, chocolate chip, refrigerated dough, baked	27.00
18185	Cookies, peanut butter, commercially prepared, regular	27.00
18187	Cookies, peanut butter, refrigerated dough	27.00
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	27.00
19075	Candies, CARAMELLO Candy Bar	27.00
19088	Ice creams, vanilla, light	27.00
19260	Ice creams, vanilla, light, no sugar added	27.00
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	27.00
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	27.00
21228	McDONALD'S, Hamburger	27.00
21241	WENDY'S, Jr. Hamburger, without cheese	27.00
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	27.00
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	27.00
21355	McDONALD'S, McCHICKEN Sandwich	27.00

NDB_No	Description	Cholesterol(mg) Value Per
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	27.00
35237	Tamales, masa and pork filling (Hopi)	27.00
36621	Restaurant, Chinese, sweet and sour chicken	27.00
01109	Milk, sheep, fluid	27.00
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	27.00
01061	Cheese, American, nonfat or fat free	26.00
04017	Salad dressing, thousand island, commercial, regular	26.00
04639	Salad dressing, ranch dressing, regular	26.00
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	26.00
18183	Cookies, oatmeal, refrigerated dough, baked	26.00
18208	Cookies, sugar, prepared from recipe, made with margarine	26.00
18256	Doughnuts, yeast-leavened, with jelly filling	26.00
18279	Muffins, corn, commercially prepared	26.00
18326	Pie, pumpkin, commercially prepared	26.00
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	26.00
21063	Fast foods, burrito, with beans and beef	26.00
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	26.00
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	26.00
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	26.00
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	26.00
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	26.00
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	26.00
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	26.00
28014	KELLOGG'S, EGGO, Waffles, French Toast	26.00
28015	KELLOGG'S, EGGO, Waffles, Homestyle	26.00
28023	KELLOGG'S, SIMPLY EGGO, Original	26.00
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	26.00
36055	Restaurant, Italian, cheese ravioli with marinara sauce	26.00
36403	Restaurant, Latino, empanadas, beef, prepared	26.00
36619	Restaurant, Chinese, kung pao chicken	26.00
43016	Salad dressing, coleslaw	26.00
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	26.00
18535	ARCHWAY Home Style Cookies, Molasses	25.00
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	25.00
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	25.00
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	25.00

NDB_No	Description	Cholesterol(mg) Value Per
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	25.00
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	25.00
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	25.00
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	25.00
21486	Fast foods, taco with beef, cheese and lettuce, soft	25.00
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	25.00
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	25.00
42230	Salad Dressing, coleslaw dressing, reduced fat	25.00
15054	Fish, monkfish, raw	25.00
15245	Mollusks, oyster, eastern, farmed, raw	25.00
03008	Babyfood, meat, ham, strained	24.00
04027	Salad dressing, mayonnaise, imitation, soybean	24.00
06959	Gravy, instant turkey, dry	24.00
14311	Beverages, Malted drink mix, natural, powder, dairy based.	24.00
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	24.00
15172	Mollusks, scallop, mixed species, raw	24.00
18003	Bagels, egg	24.00
18182	Cookies, oatmeal, refrigerated dough	24.00
18254	Doughnuts, yeast-leavened, with creme filling	24.00
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	24.00
19093	Candies, SYMPHONY Milk Chocolate Bar	24.00
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	24.00
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	24.00
21010	Fast foods, biscuit, with crispy chicken fillet	24.00
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	24.00
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	24.00
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	24.00
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	24.00
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	24.00
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	24.00
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	24.00
21306	Fast foods, griddle cake sandwich, sausage	24.00
21328	McDONALD'S, Sausage McGRIDDLES	24.00
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	24.00
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	24.00
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	24.00

NDB_No	Description	Cholesterol(mg) Value Per
28305	Pancakes, plain, reduced fat	24.00
36622	Restaurant, Chinese, sweet and sour pork	24.00
43355	Mayonnaise, low sodium, low calorie or diet	24.00
18245	Danish pastry, cheese	23.00
18314	Pie, coconut cream, prepared from mix, no-bake type	23.00
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	23.00
19120	Candies, milk chocolate	23.00
19134	Candies, milk chocolate, with rice cereal	23.00
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	23.00
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	23.00
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	23.00
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	23.00
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	23.00
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	23.00
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	23.00
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	23.00
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	23.00
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	23.00
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	23.00
27000	Soup, egg drop, Chinese restaurant	23.00
36028	DENNY'S, coleslaw	23.00
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	23.00
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	23.00
11373	Potatoes, au gratin, home-prepared from recipe using butter	23.00
14347	Shake, fast food, vanilla	23.00
15077	Fish, salmon, chinook, smoked	23.00
15179	Fish, salmon, chinook, smoked, (lox), regular	23.00
07938	Ham, honey, smoked, cooked	22.00
15174	Mollusks, scallop, mixed species, imitation, made from surimi	22.00
16007	Beans, baked, canned, with beef	22.00
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	22.00
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	22.00
18119	Cake, pineapple upside-down, prepared from recipe	22.00
21008	Fast foods, biscuit, with ham	22.00
21083	Fast foods, taco salad	22.00
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	22.00

NDB_No	Description	Cholesterol(mg) Value Per
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	22.00
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	22.00
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	22.00
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	22.00
18244	Danish pastry, cinnamon, enriched	21.00
18430	Danish pastry, cinnamon, unenriched	21.00
18951	Waffles, chocolate chip, frozen, ready-to-heat	21.00
19087	Candies, white chocolate	21.00
21266	TACO BELL, BURRITO SUPREME with chicken	21.00
21267	TACO BELL, BURRITO SUPREME with steak	21.00
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	21.00
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	21.00
21311	McDONALD'S, Creamy Ranch Sauce	21.00
21388	Fast foods, miniature cinnamon rolls	21.00
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	21.00
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	21.00
21505	Pizza, cheese topping, thin crust, frozen, cooked	21.00
22529	Beef Pot Pie, frozen entree, prepared	21.00
22902	Pizza, meat topping, thick crust, frozen, cooked	21.00
22911	Chili, no beans, canned entree	21.00
27001	Soup, hot and sour, Chinese restaurant	21.00
28009	KELLOGG'S, EGGO, Waffles, Blueberry	21.00
28024	KELLOGG'S, EGGO, Waffles, Strawberry	21.00
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	21.00
36626	Restaurant, Chinese, chicken and vegetables	21.00
01168	Cheese, low fat, cheddar or colby	21.00
01223	Protein supplement, milk based, Muscle Milk, powder	21.00
01238	Ice cream sandwich	21.00
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	21.00
01242	Ice cream sandwich, vanilla, light, no sugar added	21.00
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	21.00
07900	Turkey, pork, and beef sausage, low fat, smoked	21.00
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	20.00
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	20.00
01185	Parmesan cheese topping, fat free	20.00
15138	Crustaceans, crab, alaska king, imitation, made from surimi	20.00

NDB_No	Description	Cholesterol(mg) Value Per
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	20.00
19279	Candies, milk chocolate coated coffee beans	20.00
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	20.00
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	20.00
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	20.00
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	20.00
22919	Macaroni and Cheese, canned, microwavable	20.00
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	20.00
22962	LEAN POCKETS, Ham N Cheddar	20.00
22963	Lean Pockets, Meatballs & Mozzarella	20.00
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	20.00
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	20.00
28349	Cookies, oatmeal, reduced fat	20.00
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	20.00
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	20.00
36412	Restaurant, Latino, tamale, pork	20.00
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	19.00
19132	Candies, milk chocolate, with almonds	19.00
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	19.00
19243	Candies, HEATH BITES	19.00
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	19.00
21270	TACO BELL, Taco Salad	19.00
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	19.00
21364	McDONALD'S, Hotcakes and Sausage	19.00
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	19.00
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	19.00
36032	DENNY'S, spaghetti and meatballs	19.00
36038	Restaurant, family style, spaghetti and meatballs	19.00
01108	Milk, indian buffalo, fluid	19.00
04018	Salad dressing, mayonnaise type, regular, with salt	19.00
06120	Gravy, chicken, dry	19.00
06211	Soup, cheese, canned, prepared with equal volume milk	19.00
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	18.00
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	18.00
01265	Cheese, cheddar, nonfat or fat free	18.00
01266	Cheese, Swiss, nonfat or fat free	18.00

NDB_No	Description	Cholesterol(mg) Value Per
05286	Turkey and gravy, frozen	18.00
15119	Fish, tuna, light, canned in oil, drained solids	18.00
15183	Fish, tuna, light, canned in oil, without salt, drained solids	18.00
18032	Bread, irish soda, prepared from recipe	18.00
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	18.00
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	18.00
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	18.00
19701	Candies, semisweet chocolate, made with butter	18.00
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	18.00
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	18.00
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	18.00
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	18.00
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	18.00
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	18.00
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	18.00
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	18.00
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	18.00
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	18.00
36040	CRACKER BARREL, macaroni n' cheese	18.00
36602	Restaurant, Chinese, fried rice, without meat	18.00
42304	Cheese, mozzarella, nonfat	18.00
18151	Cookies, brownies, commercially prepared	17.00
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	17.00
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	17.00
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	17.00
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	17.00
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	17.00
21501	KASHI Pizza, Margherita, frozen, unprepared	17.00
22971	Potato salad with egg	17.00
22977	Lasagna with meat sauce, frozen, prepared	17.00
28301	Cookies, peanut butter, commercially prepared, sugar free	17.00
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	17.00
35147	Tamales (Navajo)	17.00
36411	Restaurant, Latino, tamale, corn	17.00
01012	Cheese, cottage, creamed, large or small curd	17.00
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	17.00

NDB_No	Description	Cholesterol(mg) Value Per
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	17.00
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	17.00
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	17.00
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	17.00
06319	Gravy, CAMPBELL'S, country style sausage	17.00
16059	Chili with beans, canned	17.00
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	16.00
01200	Reddi Wip Fat Free Whipped Topping	16.00
01264	Ice cream bar, stick or nugget, with crunch coating	16.00
03068	Babyfood, dinner, chicken noodle, strained	16.00
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	16.00
04640	Salad dressing, ranch dressing, reduced fat	16.00
04641	Salad dressing, mayonnaise, light	16.00
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	16.00
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	16.00
14066	Beverages, Protein powder whey based	16.00
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	16.00
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	16.00
18935	Waffle, plain, frozen, ready-to-heat, microwave	16.00
19265	Ice creams, chocolate, light, no sugar added	16.00
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	16.00
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	16.00
21032	Fast foods, sundae, caramel	16.00
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	16.00
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	16.00
21225	Pizza, cheese topping, rising crust, frozen, cooked	16.00
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	16.00
21248	WENDY'S, Frosty Dairy Dessert	16.00
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	16.00
21335	McDONALD'S, Hot Caramel Sundae	16.00
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	16.00
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	16.00
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	16.00
22528	Turkey Pot Pie, frozen entree	16.00
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	16.00
22983	KASHI, Chicken Florentine, Frozen Entree	16.00

NDB_No	Description	Cholesterol(mg) Value Per
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	16.00
28303	Crackers, cheese, whole grain	16.00
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	16.00
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	16.00
36601	Restaurant, Chinese, egg rolls, assorted	16.00
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	16.00
36623	Restaurant, Chinese, chicken chow mein	16.00
43215	Salad dressing, buttermilk, lite	16.00
18403	Waffles, plain, frozen, ready -to-heat, toasted	15.00
18932	Waffles, buttermilk, frozen, ready-to-heat	15.00
19103	Candies, fudge, vanilla, prepared-from-recipe	15.00
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	15.00
19157	Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies	15.00
19875	Ice creams, BREYERS, All Natural Light Vanilla	15.00
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	15.00
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	15.00
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	15.00
21158	Fast foods, submarine sandwich, meatball marinara on white bread	15.00
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	15.00
21339	McDONALD'S, McFLURRY with OREO cookies	15.00
21413	Light Ice Cream, soft serve, blended with cookie pieces	15.00
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	15.00
22906	Chicken pot pie, frozen entree, prepared	15.00
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	15.00
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	15.00
42117	Imitation cheese, american or cheddar, low cholesterol	15.00
43006	Babyfood, fruit, tutti frutti, strained	15.00
43007	Babyfood, fruit, tutti frutti, junior	15.00
01263	Ice cream, light, soft serve, chocolate	15.00
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	15.00
04704	Salad dressing, poppyseed, creamy	15.00
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	15.00
11843	Potatoes, au gratin, home-prepared from recipe using margarine	15.00
01078	Milk, producer, fluid, 3.7% milkfat	14.00
01089	Milk, low sodium, fluid	14.00
01107	Milk, human, mature, fluid	14.00

NDB_No	Description	Cholesterol(mg) Value Per
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	14.00
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	14.00
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	14.00
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	14.00
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	14.00
06126	Gravy, turkey, dry	14.00
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	14.00
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	14.00
18365	Waffles, plain, frozen, ready-to-heat	14.00
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	14.00
19100	Candies, fudge, chocolate, prepared-from-recipe	14.00
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	14.00
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	14.00
21034	Fast foods, sundae, strawberry	14.00
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	14.00
21224	Pizza, cheese topping, regular crust, frozen, cooked	14.00
21269	TACO BELL, Nachos Supreme	14.00
22916	Lasagna with meat & sauce, frozen entree	14.00
22952	SWANSON, Chicken and Dumplings	14.00
22953	Egg rolls, pork, refrigerated, heated	14.00
22954	Egg rolls, chicken, refrigerated, heated	14.00
22956	Lasagna, Vegetable, frozen, baked	14.00
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	14.00
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	14.00
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	14.00
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	14.00
28006	KELLOGG'S, CINNABON, Pancakes, Original	14.00
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	14.00
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	14.00
36603	Restaurant, Chinese, beef and vegetables	14.00
43078	Beverage, milkshake mix, dry, not chocolate	14.00
43273	Cheese, cottage, with vegetables	14.00
18281	Muffins, corn, toaster-type	13.00
18434	Crackers, cheese, low sodium	13.00
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	13.00
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	13.00

NDB_No	Description	Cholesterol(mg) Value Per
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	13.00
19104	Candies, fudge, vanilla with nuts	13.00
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	13.00
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	13.00
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	13.00
19268	Candies, dark chocolate coated coffee beans	13.00
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	13.00
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	13.00
19917	Candies, M&M MARS Pretzel Chocolate Candies	13.00
21033	Fast foods, sundae, hot fudge	13.00
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	13.00
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	13.00
21321	McDONALD'S, Hotcakes (plain)	13.00
21334	McDONALD'S, Strawberry Sundae	13.00
21336	McDONALD'S, Hot Fudge Sundae	13.00
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	13.00
22905	Beef stew, canned entree	13.00
22910	Lasagna, cheese, frozen, prepared	13.00
31036	Potatoes, mashed, ready-to-eat	13.00
32006	Taquitos, frozen, chicken and cheese, oven-heated	13.00
35145	Stew, hominy with mutton (Navajo)	13.00
42186	Frozen yogurts, chocolate	13.00
42187	Frozen yogurts, flavors other than chocolate	13.00
01013	Cheese, cottage, creamed, with fruit	13.00
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	13.00
01276	Yogurt, Greek, strawberry, DANNON OIKOS	13.00
03052	Babyfood, dinner, beef stew, toddler	13.00
03298	Babyfood, dinner, broccoli and chicken, junior	13.00
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	13.00
06056	Soup, cream of shrimp, canned, condensed	13.00
06080	Soup, chicken broth or bouillon, dry	13.00
06081	Soup, chicken broth cubes, dry	13.00
06210	Soup, cream of celery, canned, prepared with equal volume milk	13.00
06246	Soup, cream of onion, canned, prepared with equal volume milk	13.00
06248	Soup, oyster stew, canned, prepared with equal volume milk	13.00
06981	Soup, bouillon cubes and granules, low sodium, dry	13.00

NDB_No	Description	Cholesterol(mg) Value Per
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	13.00
15041	Fish, herring, Atlantic, pickled	13.00
15128	Fish, tuna salad	13.00
01015	Cheese, cottage, lowfat, 2% milkfat	12.00
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	12.00
01111	Milk shakes, thick vanilla	12.00
01186	Cheese, cream, fat free	12.00
01284	Yogurt, Greek, strawberry, lowfat	12.00
03055	Babyfood, dinner, beef with vegetables	12.00
03213	Babyfood, cookies	12.00
04585	Margarine-like, margarine-butter blend, soybean oil and butter	12.00
06015	Soup, chicken, canned, chunky, ready-to-serve	12.00
06046	Soup, cream of onion, canned, condensed	12.00
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	12.00
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	12.00
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	12.00
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	12.00
06411	Soup, cheese, canned, prepared with equal volume water	12.00
06957	Gravy, brown instant, dry	12.00
06969	Potato soup, instant, dry mix	12.00
11372	Potatoes, scalloped, home-prepared with butter	12.00
14058	Beverages, Whey protein powder isolate	12.00
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	12.00
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	12.00
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	12.00
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	12.00
18290	Pancakes, plain, dry mix, complete, prepared	12.00
18310	Pie, chocolate creme, commercially prepared	12.00
18532	ARCHWAY Home Style Cookies, Iced Molasses	12.00
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	12.00
19096	Ice creams, vanilla, light, soft-serve	12.00
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	12.00
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	12.00
19144	Candies, NESTLE, 100 GRAND Bar	12.00
19148	Candies, peanut brittle, prepared-from-recipe	12.00
19152	Candies, ROLO Caramels in Milk Chocolate	12.00

NDB_No	Description	Cholesterol(mg) Value Per
19162	Candies, WHATCHAMACALLIT Candy Bar	12.00
19193	Puddings, rice, ready-to-eat	12.00
19199	Puddings, tapioca, dry mix, prepared with whole milk	12.00
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	12.00
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	12.00
21064	Fast foods, burrito, with beans, cheese, and beef	12.00
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	12.00
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	12.00
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	12.00
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	12.00
21265	TACO BELL, BURRITO SUPREME with beef	12.00
21343	McDONALD'S, Low Fat Caramel Sauce	12.00
21378	McDONALD'S, Bacon Ranch Salad without chicken	12.00
21503	KASHI Pizza, Mediterranean, frozen, unprepared	12.00
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	12.00
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	12.00
22996	KASHI Three Cheese Penne, frozen, unprepared	12.00
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	12.00
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	12.00
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	12.00
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	12.00
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	12.00
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	12.00
28347	Pancakes, gluten-free, frozen, ready-to-heat	12.00
42139	Granola bar, soft, milk chocolate coated, peanut butter	12.00
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	12.00
43417	Babyfood, meat, beef with vegetables, toddler	12.00
18205	Cookies, sugar, refrigerated dough	11.00
18223	Crackers, milk	11.00
18253	Doughnuts, french crullers, glazed	11.00
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	11.00
19040	Snacks, popcorn, cheese-flavor	11.00
19109	Candies, KIT KAT Wafer Bar	11.00
19110	Candies, KRACKEL Chocolate Bar	11.00
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	11.00
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	11.00

NDB_No	Description	Cholesterol(mg) Value Per
19195	Puddings, rice, dry mix, prepared with whole milk	11.00
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	11.00
19248	Candies, HERSHEY'S, ALMOND JOY BITES	11.00
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	11.00
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	11.00
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	11.00
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	11.00
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	11.00
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	11.00
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	11.00
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	11.00
28038	JACKSON'S, Old Fashioned Vanilla Wafers	11.00
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	11.00
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	11.00
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	11.00
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	11.00
28197	MOTHER'S, Coconut Cocadas Cookies	11.00
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	11.00
32007	Taquitos, frozen, beef and cheese, oven-heated	11.00
32019	Lasagna, cheese, frozen, unprepared	11.00
36025	CRACKER BARREL, coleslaw	11.00
42205	Cheese, pasteurized process, cheddar or American, fat-free	11.00
42286	Babyfood, green beans and turkey, strained	11.00
01106	Milk, goat, fluid, with added vitamin D	11.00
01110	Milk shakes, thick chocolate	11.00
01230	Milk, buttermilk, fluid, whole	11.00
03073	Babyfood, dinner, vegetables chicken, strained	11.00
03303	Babyfood, dinner, sweet potatoes and chicken, strained	11.00
03689	Babyfood, cereal, oatmeal, prepared with whole milk	11.00
04023	Salad dressing, thousand island dressing, reduced fat	11.00
06010	Soup, cream of celery, canned, condensed	11.00
06048	Soup, oyster stew, canned, condensed	11.00
06216	Soup, cream of chicken, canned, prepared with equal volume milk	11.00
06725	Soup, chicken corn chowder, chunky, ready-to-serve, single brand	11.00
06729	Soup, sirloin burger with vegetables, ready-to-serve, single brand	11.00
06958	Gravy, instant beef, dry	11.00

NDB_No	Description	Cholesterol(mg) Value Per
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	11.00
11934	Potatoes, mashed, home-prepared, whole milk and butter added	11.00
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	11.00
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	11.00
14428	Beverages, shake, fast food, strawberry	11.00
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	11.00
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	10.00
01077	Milk, whole, 3.25% milkfat, with added vitamin D	10.00
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	10.00
01224	Protein supplement, milk based, Muscle Milk Light, powder	10.00
01287	Yogurt, Greek, plain, lowfat	10.00
03224	Babyfood, dessert, cherry vanilla pudding, strained	10.00
03225	Babyfood, dessert, cherry vanilla pudding, junior	10.00
03681	Babyfood, cereal, barley, prepared with whole milk	10.00
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	10.00
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	10.00
03694	Babyfood, cereal, rice, prepared with whole milk	10.00
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	10.00
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	10.00
06026	Soup, chili beef, canned, condensed	10.00
06075	Soup, beef broth or bouillon, powder, dry	10.00
06124	Gravy, pork, dry, powder	10.00
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	10.00
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	10.00
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	10.00
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	10.00
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	10.00
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	10.00
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	10.00
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	10.00
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	10.00
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	10.00
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	10.00
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	10.00
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	10.00
18537	ARCHWAY Home Style Cookies, Oatmeal	10.00

NDB_No	Description	Cholesterol(mg) Value Per
18959	Pastry, Pastelitos de Guava (guava pastries)	10.00
18972	Bread, cheese	10.00
19119	Candies, NESTLE, CHUNKY Bar	10.00
19143	Candies, MR. GOODBAR Chocolate Bar	10.00
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	10.00
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	10.00
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	10.00
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	10.00
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	10.00
22969	Chili with beans, microwavable bowls	10.00
22970	Macaroni and cheese, frozen entree	10.00
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	10.00
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	10.00
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	10.00
36017	Restaurant, family style, macaroni & cheese, from kids' menu	10.00
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	10.00
42153	Salad dressing, blue or roquefort cheese dressing, light	10.00
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	10.00
43008	Babyfood, dinner, chicken and rice	10.00
18213	Cookies, vanilla wafers, higher fat	9.00
18225	Crackers, rye, sandwich-type with cheese filling	9.00
18368	Wonton wrappers (includes egg roll wrappers)	9.00
18388	Muffins, wheat bran, toaster-type with raisins, toasted	9.00
19070	Candies, butterscotch	9.00
19126	Candies, milk chocolate coated peanuts	9.00
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	9.00
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	9.00
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	9.00
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	9.00
19319	Puddings, banana, dry mix, instant, prepared with whole milk	9.00
19321	Puddings, banana, dry mix, regular, prepared with whole milk	9.00
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	9.00
19382	Candies, taffy, prepared-from-recipe	9.00
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	9.00
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	9.00
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	9.00

NDB_No	Description	Cholesterol(mg) Value Per
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	9.00
22904	Chili con carne with beans, canned entree	9.00
22928	Burrito, beef and bean, microwaved	9.00
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	9.00
27052	Dip, salsa con queso, cheese and salsa- medium	9.00
27054	Dip, TOSTITOS, salsa con queso, medium	9.00
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	9.00
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	9.00
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	9.00
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	9.00
32024	Rice mix, cheese flavor, dry mix, unprepared	9.00
36630	Restaurant, Italian, spaghetti with meat sauce	9.00
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	9.00
42193	Salad Dressing, mayonnaise-like, fat-free	9.00
01180	Sour cream, fat free	9.00
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	9.00
03069	Babyfood, dinner, chicken noodle, junior	9.00
03685	Babyfood, cereal, mixed, prepared with whole milk	9.00
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	9.00
06006	Soup, bean with frankfurters, canned, condensed	9.00
06007	Soup, bean with ham, canned, chunky, ready-to-serve	9.00
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	9.00
06253	Soup, cream of potato, canned, prepared with equal volume milk	9.00
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	9.00
06358	Soup, tomato bisque, canned, prepared with equal volume milk	9.00
06728	Soup, potato ham chowder, chunky, ready-to-serve, single brand	9.00
11659	Sweet potato, cooked, candied, home-prepared	9.00
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	9.00
14182	Beverages, chocolate syrup, prepared with whole milk	9.00
16579	GARDENBURGER Original, frozen, unprepared	9.00
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	8.00
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	8.00
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	8.00
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	8.00
01105	Milk, chocolate beverage, hot cocoa, homemade	8.00
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	8.00

NDB_No	Description	Cholesterol(mg) Value Per
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	8.00
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	8.00
03047	Babyfood, dinner, beef noodle, strained	8.00
03217	Zwieback	8.00
03245	Babyfood, dessert, custard pudding, vanilla, strained	8.00
03287	Babyfood, dinner, beef noodle, junior	8.00
03289	Babyfood, apples with ham, strained	8.00
03290	Babyfood, carrots and beef, strained	8.00
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.00
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	8.00
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.00
06016	Soup, cream of chicken, canned, condensed	8.00
06019	Soup, chicken noodle, canned, condensed	8.00
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	8.00
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	8.00
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	8.00
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	8.00
06149	Soup, chicken mushroom, canned, condensed	8.00
06165	Sauce, homemade, white, thin	8.00
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	8.00
06318	Gravy, CAMPBELL'S, country style cream	8.00
06320	Gravy, CAMPBELL'S, chicken, fat free	8.00
06321	Gravy, CAMPBELL'S, golden pork	8.00
06322	Gravy, CAMPBELL'S, mushroom	8.00
06323	Gravy, CAMPBELL'S, turkey, fat free	8.00
06325	Gravy, CAMPBELL'S, chicken, microwavable	8.00
06327	Gravy, FRANCO-AMERICAN, beef, slow roast, fat free	8.00
06328	Gravy, FRANCO-AMERICAN, chicken, slow roast, fat free	8.00
06329	Gravy, FRANCO-AMERICAN, beef, slow roast	8.00
06330	Gravy, FRANCO-AMERICAN, chicken, slow roast	8.00
06331	Gravy, FRANCO-AMERICAN, turkey, slow roast	8.00
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	8.00
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	8.00
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	8.00
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	8.00
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	8.00

NDB_No	Description	Cholesterol(mg) Value Per
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	8.00
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	8.00
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	8.00
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	8.00
06997	Gravy, CAMPBELL'S, beef	8.00
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	8.00
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	8.00
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	8.00
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	8.00
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	8.00
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	8.00
19902	Chocolate, dark, 45- 59% cacao solids	8.00
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	8.00
22917	Burrito, beef and bean, frozen	8.00
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	8.00
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	8.00
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	8.00
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	8.00
22944	SUPPER BAKES MEAL KITS, Creamy Stroganoff Sauce with pasta	8.00
22989	KASHI, Red Curry Chicken, Frozen Entree	8.00
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	8.00
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	8.00
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	8.00
28027	FAMOUS AMOS, Chocolate Chip Cookies	8.00
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	8.00
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	8.00
32005	Macaroni and cheese, box mix with cheese sauce, prepared	8.00
32016	Macaroni or noodles with cheese, microwaveable, unprepared	8.00
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	8.00
36035	Restaurant, family style, coleslaw	8.00
36404	Restaurant, Latino, arroz con leche (rice pudding)	8.00
36631	OLIVE GARDEN, spaghetti with meat sauce	8.00
42189	Milk, buttermilk, fluid, cultured, reduced fat	8.00
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	8.00
18106	Coffeecake, fruit	7.00
18163	Cookies, chocolate chip, refrigerated dough	7.00

NDB_No	Description	Cholesterol(mg) Value Per
18233	Crackers, wheat, sandwich, with cheese filling	7.00
18243	Croutons, seasoned	7.00
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	7.00
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	7.00
19043	Snacks, potato chips, sour-cream-and-onion-flavor	7.00
19074	Candies, caramels	7.00
19118	Candies, NESTLE, OH HENRY! Bar	7.00
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	7.00
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	7.00
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	7.00
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	7.00
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	7.00
19238	Candies, REESE'S BITES	7.00
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	7.00
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	7.00
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	7.00
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	7.00
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	7.00
21416	POPEYES, Coleslaw	7.00
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	7.00
21525	PIZZA HUT, breadstick, parmesan garlic	7.00
22912	Spaghetti, with meatballs in tomato sauce, canned	7.00
22915	Lasagna with meat & sauce, low-fat, frozen entree	7.00
22951	SWANSON, Chicken A La King	7.00
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	7.00
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	7.00
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	7.00
27049	Sauce, tartar, ready-to-serve	7.00
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	7.00
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	7.00
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	7.00
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	7.00
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	7.00
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	7.00
28202	MOTHER'S, Iced Lemonade Cookies	7.00
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	7.00

NDB_No	Description	Cholesterol(mg) Value Per
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	7.00
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	7.00
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	7.00
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	7.00
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	7.00
35142	Frybread, made with lard (Navajo)	7.00
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	7.00
36613	DENNY'S, macaroni & cheese, from kid's menu	7.00
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	7.00
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	7.00
43450	Frozen novelties, juice type, juice with cream	7.00
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	7.00
01241	Ice cream sandwich, made with light ice cream, vanilla	7.00
01244	Milk dessert bar, frozen, made from lowfat milk	7.00
03044	Babyfood, dinner, macaroni and tomato and beef, strained	7.00
03046	Babyfood, ravioli, cheese filled, with tomato sauce	7.00
03048	Babyfood, macaroni and cheese, toddler	7.00
03053	Babyfood, dinner, vegetables and beef, strained	7.00
03054	Babyfood, dinner, vegetables and beef, junior	7.00
03089	Babyfood, dinner, macaroni and cheese, strained	7.00
03216	Babyfood, teething biscuits	7.00
03274	Babyfood, dinner, vegetables and chicken, junior	7.00
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	7.00
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	7.00
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	7.00
04638	Salad dressing, ranch dressing, fat-free	7.00
06025	Soup, chicken vegetable, canned, condensed	7.00
06166	Sauce, homemade, white, medium	7.00
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	7.00
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	7.00
06249	Soup, pea, green, canned, prepared with equal volume milk	7.00
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	7.00
06456	Soup, cream of shrimp, canned, prepared with equal volume water	7.00
06736	Soup, cream of chicken, canned, condensed, single brand	7.00
06749	Soup, beef and vegetables, canned, ready-to-serve	7.00
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	7.00

NDB_No	Description	Cholesterol(mg) Value Per
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	7.00
16009	Beans, baked, canned, with pork	7.00
16010	Beans, baked, canned, with pork and sweet sauce	7.00
16011	Beans, baked, canned, with pork and tomato sauce	7.00
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	7.00
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	7.00
01115	Whey, sweet, dried	6.00
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	6.00
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	6.00
01203	Yogurt, fruit, lowfat, with low calorie sweetener	6.00
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	6.00
01239	Ice cream cookie sandwich	6.00
03066	Babyfood, dinner, vegetables and lamb, strained	6.00
03090	Babyfood, dinner, macaroni and cheese, junior	6.00
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	6.00
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	6.00
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	6.00
04022	Salad dressing, russian dressing, low calorie	6.00
04144	Salad dressing, italian dressing, reduced fat, without salt	6.00
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	6.00
06030	Soup, clam chowder, new england, canned, condensed	6.00
06044	Soup, mushroom with beef stock, canned, condensed	6.00
06051	Soup, pea, split with ham, canned, condensed	6.00
06070	Soup, chunky beef, canned, ready-to-serve	6.00
06167	Sauce, homemade, white, thick	6.00
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	6.00
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	6.00
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	6.00
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	6.00
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	6.00
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	6.00
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	6.00
06410	Soup, cream of celery, canned, prepared with equal volume water	6.00
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	6.00
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	6.00
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	6.00

NDB_No	Description	Cholesterol(mg) Value Per
06446	Soup, cream of onion, canned, prepared with equal volume water	6.00
06448	Soup, oyster stew, canned, prepared with equal volume water	6.00
06454	CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans	6.00
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	6.00
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	6.00
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	6.00
06541	CAMPBELL'S Homestyle Italian-Style Wedding Soup	6.00
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	6.00
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	6.00
06733	Soup, beef with vegetables and barley, canned, condensed, single brand	6.00
06955	Soup, cream of chicken, canned, condensed, reduced sodium	6.00
06978	Soup, beef and mushroom, low sodium, chunk style	6.00
06999	Gravy, CAMPBELL'S, chicken	6.00
08510	Milk and cereal bar	6.00
11844	Potatoes, scalloped, home-prepared with margarine	6.00
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	6.00
16008	Beans, baked, canned, with franks	6.00
18277	Muffins, blueberry, toaster-type	6.00
18354	Strudel, apple	6.00
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	6.00
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	6.00
18544	ARCHWAY Home Style Cookies, Raspberry Filled	6.00
18547	ARCHWAY Home Style Cookies, Strawberry Filled	6.00
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	6.00
18927	Crackers, cheese, sandwich-type with cheese filling	6.00
19098	Candies, 5TH AVENUE Candy Bar	6.00
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	6.00
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	6.00
19150	Candies, REESE'S Peanut Butter Cups	6.00
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	6.00
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	6.00
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	6.00
19208	Puddings, rice, dry mix, prepared with 2% milk	6.00
19209	Puddings, tapioca, dry mix, prepared with 2% milk	6.00
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	6.00
19903	Chocolate, dark, 60-69% cacao solids	6.00

NDB_No	Description	Cholesterol(mg) Value Per
22247	Macaroni and Cheese, canned entree	6.00
22401	Spaghetti with meat sauce, frozen entree	6.00
22943	SUPPER BAKES MEAL KITS, Cheesy Chicken with pasta (chicken not included)	6.00
22948	SUPPER BAKES MEAL KITS, Savory Pork Chops with herb stuffing (pork chop not included)	6.00
22949	SUPPER BAKES MEAL KITS, Southwestern-Style Chicken w/rice (chicken not included)	6.00
22950	SUPPER BAKES MEAL KITS, Traditional Roast Chicken with stuffing (chicken not included)	6.00
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	6.00
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	6.00
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	6.00
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	6.00
28215	MURRAY, JACKS Vanilla Wafers	6.00
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	6.00
28322	Bagels, multigrain	6.00
32012	Pizza rolls, frozen, unprepared	6.00
36045	ON THE BORDER, refried beans	6.00
42150	Babyfood, apple yogurt dessert, strained	6.00
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	6.00
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	6.00
18110	Cake, fruitcake, commercially prepared	5.00
18179	Cookies, oatmeal, commercially prepared, soft-type	5.00
18386	Muffins, blueberry, toaster-type, toasted	5.00
18964	Cinnamon buns, frosted (includes honey buns)	5.00
18976	KASHI, TLC, Country Cheddar Crackers	5.00
18977	KASHI, TLC, Toasted Asiago Crackers	5.00
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	5.00
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	5.00
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	5.00
19164	Candies, SPECIAL DARK Chocolate Bar	5.00
19393	Frozen yogurts, chocolate, soft-serve	5.00
19910	Candies, crispy bar with peanut butter filling	5.00
21061	Fast foods, burrito, with beans and cheese	5.00
21264	TACO BELL, Bean Burrito	5.00
21380	McDONALD'S, Fruit 'n Yogurt Parfait	5.00
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	5.00
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	5.00
22945	SUPPER BAKES MEAL KITS, Garlic Chicken with pasta (chicken not included)	5.00

NDB_No	Description	Cholesterol(mg) Value Per
22946	SUPPER BAKES MEAL KITS, Herb Chicken with rice (chicken not included)	5.00
22947	SUPPER BAKES MEAL KITS, Lemon Chicken with herb rice (chicken not included)	5.00
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	5.00
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	5.00
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	5.00
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	5.00
28231	MURRAY, SUGAR FREE, Vanilla Wafer	5.00
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	5.00
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	5.00
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	5.00
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	5.00
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	5.00
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	5.00
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	5.00
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	5.00
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	5.00
36418	Restaurant, Mexican, refried beans	5.00
43497	Jellyfish, dried, salted	5.00
01058	Sour dressing, non-butterfat, cultured, filled cream-type	5.00
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	5.00
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	5.00
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	5.00
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	5.00
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	5.00
01199	Cream, half and half, fat free	5.00
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	5.00
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	5.00
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	5.00
01256	Yogurt, Greek, plain, nonfat	5.00
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	5.00
03061	Babyfood, dinner, vegetables and ham, strained	5.00
03067	Babyfood, dinner, vegetables and lamb, junior	5.00
03077	Babyfood, dinner, pasta with vegetables	5.00
03082	Babyfood, dinner, turkey and rice, strained	5.00
03096	Babyfood, vegetable, green beans and potatoes	5.00
03127	Babyfood, vegetables, spinach, creamed, strained	5.00

NDB_No	Description	Cholesterol(mg) Value Per
03297	Babyfood, dinner, apples and chicken, strained	5.00
04635	Salad dressing, thousand island dressing, fat-free	5.00
06018	Soup, chunky chicken noodle, canned, ready-to-serve	5.00
06022	Soup, chicken rice, canned, chunky, ready-to-serve	5.00
06119	Gravy, chicken, canned or bottled, ready-to-serve	5.00
06147	Soup, beef mushroom, canned, condensed	5.00
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	5.00
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	5.00
06426	Soup, chili beef, canned, prepared with equal volume water	5.00
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	5.00
06739	Soup, vegetable beef, canned, condensed, single brand	5.00
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	5.00
11386	Potatoes, scalloped, dry mix, unprepared	5.00
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	5.00
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	5.00
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	5.00
14179	Beverages, coffee, ready to drink, milk based, sweetened	5.00
16005	Beans, baked, home prepared	5.00
16147	Veggie burgers or soyburgers, unprepared	5.00
01016	Cheese, cottage, lowfat, 1% milkfat	4.00
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	4.00
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	4.00
01088	Milk, buttermilk, fluid, cultured, lowfat	4.00
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	4.00
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	4.00
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	4.00
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	4.00
01285	Yogurt, Greek, strawberry, nonfat	4.00
03045	Babyfood, dinner, macaroni and tomato and beef, junior	4.00
03059	Babyfood, dinner, vegetables and bacon, strained	4.00
03070	Babyfood, dinner, chicken soup, strained	4.00
03083	Babyfood, dinner, turkey and rice, junior	4.00
03084	Babyfood, dinner, vegetables and turkey, strained	4.00
03085	Babyfood, dinner, vegetables and turkey, junior	4.00
03206	Babyfood, cookie, baby, fruit	4.00
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	4.00

NDB_No	Description	Cholesterol(mg) Value Per
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	4.00
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	4.00
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	4.00
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	4.00
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	4.00
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	4.00
06001	Soup, cream of asparagus, canned, condensed	4.00
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	4.00
06009	Soup, beef noodle, canned, condensed	4.00
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	4.00
06023	Soup, chicken with rice, canned, condensed	4.00
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	4.00
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	4.00
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	4.00
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	4.00
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	4.00
06064	Soup, turkey, chunky, canned, ready-to-serve	4.00
06071	Soup, vegetable beef, canned, condensed	4.00
06076	Soup, beef broth, cubed, dry	4.00
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	4.00
06115	Gravy, au jus, dry	4.00
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	4.00
06127	Gravy, unspecified type, dry	4.00
06158	Soup, tomato bisque, canned, condensed	4.00
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	4.00
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	4.00
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	4.00
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	4.00
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	4.00
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	4.00
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	4.00
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	4.00
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	4.00
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	4.00
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	4.00
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	4.00

NDB_No	Description	Cholesterol(mg) Value Per
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	4.00
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	4.00
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	4.00
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	4.00
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	4.00
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	4.00
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	4.00
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	4.00
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	4.00
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	4.00
06349	CAMPBELL'S Red and White, SCOOPY-DOO Soup, condensed	4.00
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	4.00
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	4.00
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	4.00
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	4.00
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	4.00
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	4.00
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	4.00
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	4.00
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	4.00
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	4.00
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	4.00
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	4.00
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	4.00
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	4.00
06416	Soup, cream of chicken, canned, prepared with equal volume water	4.00
06419	Soup, chicken noodle, canned, prepared with equal volume water	4.00
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	4.00
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup	4.00
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	4.00
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	4.00
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	4.00
06528	Soup, chicken noodle, dry, mix, prepared with water	4.00
06529	CAMPBELL'S Homestyle Light New England Clam Chowder	4.00
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	4.00
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	4.00

NDB_No	Description	Cholesterol(mg) Value Per
06545	CAMPBELL'S Homestyle New England Clam Chowder	4.00
06548	CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup	4.00
06549	Soup, chicken mushroom, canned, prepared with equal volume water	4.00
06584	Soup, broccoli cheese, canned, condensed, commercial	4.00
06617	CAMPBELL'S Homestyle Light Italian-Style Wedding Soup	4.00
06734	Soup, chicken with star-shaped pasta, canned, condensed, single brand	4.00
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	4.00
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	4.00
11671	Potatoes, o'brien, home-prepared	4.00
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	4.00
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	4.00
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	4.00
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	4.00
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	4.00
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	4.00
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	4.00
16201	Campbell's Pork and Beans	4.00
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	4.00
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	4.00
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	4.00
18011	Biscuits, plain or buttermilk, dry mix, prepared	4.00
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	4.00
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	4.00
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	4.00
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	4.00
19065	Candies, ALMOND JOY Candy Bar	4.00
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	4.00
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	4.00
19421	Snacks, potato chips, cheese-flavor	4.00
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	4.00
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	4.00
21127	Fast foods, coleslaw	4.00
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	4.00
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	4.00
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	4.00
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	4.00

NDB_No	Description	Cholesterol(mg) Value Per
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	4.00
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	4.00
27002	Soup, wonton, Chinese restaurant	4.00
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	4.00
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	4.00
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	4.00
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	4.00
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	4.00
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	4.00
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	4.00
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	4.00
27061	Gravy, HEINZ Home Style, classic chicken	4.00
27062	Soup, beef barley, ready to serve	4.00
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	4.00
28050	KEEBLER, Club & Cheddar Sandwich Crackers	4.00
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	4.00
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	4.00
28239	SUNSHINE, CHEEZ-IT, DuoZ Sharp Cheddar Parmesan Crackers	4.00
32025	Dumpling, potato- or cheese-filled, frozen	4.00
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	4.00
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	4.00
43125	Beans, liquid from stewed kidney beans	4.00
43331	Salad dressing, bacon and tomato	4.00
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	4.00
43536	Babyfood, dessert, peach yogurt	4.00
43537	Babyfood, dessert, blueberry yogurt, strained	4.00
18126	Cake, shortcake, biscuit-type, prepared from recipe	3.00
18214	Crackers, cheese, regular	3.00
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	3.00
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	3.00
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	3.00
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	3.00
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	3.00
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	3.00
19102	Candies, fudge, peanut butter, prepared-from-recipe	3.00
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	3.00

NDB_No	Description	Cholesterol(mg) Value Per
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	3.00
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	3.00
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	3.00
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	3.00
19904	Chocolate, dark, 70-85% cacao solids	3.00
21078	Fast foods, nachos, with cheese	3.00
21268	TACO BELL, Nachos	3.00
21463	Yogurt parfait, lowfat, with fruit and granola	3.00
22899	Ravioli, cheese-filled, canned	3.00
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	3.00
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	3.00
25043	Snacks, candy bits, yogurt covered with vitamin C	3.00
27022	CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup	3.00
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	3.00
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	3.00
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	3.00
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	3.00
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	3.00
28205	MOTHER'S, Macaroon Cookies	3.00
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	3.00
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	3.00
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	3.00
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	3.00
42119	Babyfood, banana juice with low fat yogurt	3.00
42120	Babyfood, mixed fruit juice with low fat yogurt	3.00
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	3.00
01113	Whey, acid, dried	3.00
01286	Yogurt, Greek, vanilla, nonfat	3.00
01295	Yogurt, vanilla, non-fat	3.00
03062	Babyfood, dinner, vegetables and ham, junior	3.00
03226	Babyfood, dessert, fruit pudding, orange, strained	3.00
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	3.00
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	3.00
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	3.00
06011	Soup, cheese, canned, condensed	3.00
06017	Soup, chicken gumbo, canned, condensed	3.00

NDB_No	Description	Cholesterol(mg) Value Per
06024	Soup, chicken and vegetable, canned, ready-to-serve	3.00
06037	Soup, lentil with ham, canned, ready-to-serve	3.00
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	3.00
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	3.00
06061	Soup, tomato beef with noodle, canned, condensed	3.00
06116	Gravy, beef, canned, ready-to-serve	3.00
06118	Gravy, brown, dry	3.00
06122	Gravy, mushroom, dry, powder	3.00
06172	Soup, stock, chicken, home-prepared	3.00
06175	Sauce, hoisin, ready-to-serve	3.00
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	3.00
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	3.00
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	3.00
06423	Soup, chicken with rice, canned, prepared with equal volume water	3.00
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	3.00
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	3.00
06451	Soup, pea, split with ham, canned, prepared with equal volume water	3.00
06547	Soup, beef mushroom, canned, prepared with equal volume water	3.00
06587	CAMPBELL'S Soup on the Go, Chicken with Mini Noodles Soup	3.00
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	3.00
06731	Soup, bean with bacon, condensed, single brand	3.00
06738	Soup, split pea with ham and bacon, canned, condensed, single brand	3.00
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	3.00
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	3.00
06977	Gravy, meat or poultry, low sodium, prepared	3.00
11555	Tomato products, canned, sauce, with herbs and cheese	3.00
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	3.00
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	3.00
15162	Mollusks, clam, mixed species, canned, liquid	3.00
16524	WORTHINGTON Veja-Links, canned, unprepared	3.00
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	3.00
16591	WORTHINGTON Leanies, frozen, unprepared	3.00
18016	Biscuits, plain or buttermilk, prepared from recipe	3.00
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	3.00
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	2.00
01060	Milk, filled, fluid, with lauric acid oil	2.00

NDB_No	Description	Cholesterol(mg) Value Per
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	2.00
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	2.00
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	2.00
01093	Milk, dry, nonfat, calcium reduced	2.00
01114	Whey, sweet, fluid	2.00
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	2.00
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	2.00
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	2.00
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	2.00
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	2.00
01250	Nutritional supplement for people with diabetes, liquid	2.00
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	2.00
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	2.00
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	2.00
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	2.00
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	2.00
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	2.00
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	2.00
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	2.00
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	2.00
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	2.00
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	2.00
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	2.00
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	2.00
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	2.00
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	2.00
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	2.00
04636	Salad dressing, italian dressing, fat-free	2.00
06004	Soup, bean with pork, canned, condensed	2.00
06028	Soup, clam chowder, manhattan, canned, condensed	2.00
06039	Soup, minestrone, canned, chunky, ready-to-serve	2.00
06101	Soup, cream of vegetable, dry, powder	2.00
06123	Gravy, onion, dry, mix	2.00
06125	Gravy, turkey, canned, ready-to-serve	2.00
06180	Soup, shark fin, restaurant-prepared	2.00
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	2.00

NDB_No	Description	Cholesterol(mg) Value Per
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	2.00
06194	Soup, chicken broth, ready-to-serve	2.00
06401	Soup, cream of asparagus, canned, prepared with equal volume water	2.00
06409	Soup, beef noodle, canned, prepared with equal volume water	2.00
06417	Soup, chicken gumbo, canned, prepared with equal volume water	2.00
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	2.00
06453	Soup, cream of potato, canned, prepared with equal volume water	2.00
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	2.00
06465	Soup, turkey noodle, canned, prepared with equal volume water	2.00
06470	CAMPBELL'S Low Sodium Soups, Chicken Broth	2.00
06471	Soup, vegetable beef, canned, prepared with equal volume water	2.00
06498	Soup, tomato, dry, mix, prepared with water	2.00
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	2.00
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	2.00
06546	CAMPBELL'S Homestyle Potato Broccoli Cheese Soup	2.00
06558	Soup, tomato bisque, canned, prepared with equal volume water	2.00
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	2.00
06586	CAMPBELL'S Soup on the Go, Chicken & Stars Soup	2.00
06589	CAMPBELL'S Soup on the Go, Creamy Broccoli Soup	2.00
06590	CAMPBELL'S Soup on the Go, Creamy Chicken Soup	2.00
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	2.00
06594	CAMPBELL'S Soup on the Go, New England Clam Chowder	2.00
06595	CAMPBELL'S Soup on the Go, Vegetable Beef Soup	2.00
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	2.00
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	2.00
06985	Gravy, HEINZ Home Style, savory beef	2.00
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	2.00
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	2.00
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	2.00
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	2.00
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	2.00
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	2.00
11657	Potatoes, mashed, home-prepared, whole milk added	2.00
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	2.00
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	2.00
14083	Beverages, chocolate malt, powder, prepared with fat free milk	2.00

NDB_No	Description	Cholesterol(mg) Value Per
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	2.00
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	2.00
16518	WORTHINGTON Saucettes, canned, unprepared	2.00
16529	WORTHINGTON FriPats, frozen, unprepared	2.00
16531	WORTHINGTON Prosage Links, frozen, unprepared	2.00
16532	WORTHINGTON Prosage Roll, frozen, unprepared	2.00
16535	WORTHINGTON Stripples, frozen, unprepared	2.00
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	2.00
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	2.00
18010	Biscuits, plain or buttermilk, dry mix	2.00
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	2.00
18139	Cake, white, prepared from recipe without frosting	2.00
18157	Cookies, chocolate wafers	2.00
18171	Cookies, fortune	2.00
18191	Cookies, raisin, soft-type	2.00
18230	Crackers, standard snack-type, sandwich, with cheese filling	2.00
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	2.00
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	2.00
18420	Cake, yellow, unenriched, dry mix	2.00
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	2.00
19076	Candies, caramels, chocolate-flavor roll	2.00
19078	Baking chocolate, unsweetened, squares	2.00
19142	Candies, MOUNDS Candy Bar	2.00
19293	Frozen yogurts, vanilla, soft-serve	2.00
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	2.00
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	2.00
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	2.00
21060	Fast foods, burrito, with beans	2.00
21142	Fast food, biscuit	2.00
21415	POPEYES, biscuit	2.00
21420	KFC, Coleslaw	2.00
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	2.00
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	2.00
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	2.00
22918	Burrito, bean and cheese, frozen	2.00
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	2.00

NDB_No	Description	Cholesterol(mg) Value Per
22931	SPAGHETTIOS, SpaghettiOs Original	2.00
22932	SPAGHETTIOS, SpaghettiOs A to Z's	2.00
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	2.00
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	2.00
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	2.00
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	2.00
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	2.00
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	2.00
27019	CAMPBELL'S Homestyle Harvest Tomato with Basil Soup	2.00
28032	GIRL SCOUTS, Samoas Cookies	2.00
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	2.00
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	2.00
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	2.00
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	2.00
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	2.00
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	2.00
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	2.00
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	2.00
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	2.00
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	2.00
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	2.00
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	2.00
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	2.00
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	2.00
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	2.00
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	2.00
36021	APPLEBEE'S, coleslaw	2.00
42135	Whipped topping, frozen, low fat	2.00
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	2.00
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	2.00
43021	Salad dressing, caesar, low calorie	2.00
43214	Butter replacement, without fat, powder	2.00
43261	Yogurt, fruit variety, nonfat	2.00
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	2.00
18102	Cake, white, prepared from recipe with coconut frosting	1.00
18174	Cookies, graham crackers, chocolate-coated	1.00

NDB_No	Description	Cholesterol(mg) Value Per
18376	Bread crumbs, dry, grated, seasoned	1.00
18385	Bread, wheat germ, toasted	1.00
18416	Bread, white, commercially prepared, low sodium, no salt	1.00
18432	Bread, white, commercially prepared, toasted, low sodium no salt	1.00
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	1.00
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	1.00
18609	KEEBLER, Vanilla Wafers	1.00
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	1.00
19071	Candies, carob, unsweetened	1.00
19079	Candies, confectioner's coating, yogurt	1.00
19086	Candies, confectioner's coating, peanut butter	1.00
19091	Candies, YORK Peppermint Pattie	1.00
19097	Sherbet, orange	1.00
19181	Candies, YORK BITES	1.00
19183	Puddings, chocolate, ready-to-eat	1.00
19201	Puddings, vanilla, ready-to-eat	1.00
19218	Puddings, tapioca, ready-to-eat	1.00
19234	Puddings, tapioca, ready-to-eat, fat free	1.00
19235	Puddings, chocolate, ready-to-eat, fat free	1.00
19348	Syrups, chocolate, fudge-type	1.00
19375	Frostings, glaze, prepared-from-recipe	1.00
19434	Cheese puffs and twists, corn based, baked, low fat	1.00
21419	KFC, biscuit	1.00
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	1.00
22914	Pasta with tomato sauce, no meat, canned	1.00
22979	KASHI Black Bean Mango, frozen, unprepared	1.00
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	1.00
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	1.00
28036	GIRL SCOUTS, Trefoils Cookies	1.00
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	1.00
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	1.00
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	1.00
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	1.00
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	1.00
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	1.00
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	1.00

NDB_No	Description	Cholesterol(mg) Value Per
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	1.00
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	1.00
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	1.00
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	1.00
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	1.00
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	1.00
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	1.00
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	1.00
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	1.00
28194	MOTHER'S, 4th of July Circus Animal Cookies	1.00
28196	MOTHER'S, Circus Animal Cookies	1.00
28200	MOTHER'S, Halloween Circus Animals Cookies	1.00
28201	MOTHER'S, Holiday Circus Animal Cookies	1.00
28203	MOTHER'S, Iced Oatmeal Cookies	1.00
28204	MOTHER'S, Jungle Animal Cookies	1.00
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	1.00
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	1.00
28229	MURRAY, SUGAR FREE, Shortbread Cookies	1.00
28233	MURRAY, Vanilla Wafer	1.00
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	1.00
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	1.00
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	1.00
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	1.00
28280	SUNSHINE, CHEEZ-IT, Original Crackers	1.00
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	1.00
28286	Bread, paratha, whole wheat, commercially prepared, frozen	1.00
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	1.00
28288	Bread, roll, Mexican, bollilo	1.00
28293	Cookie, butter or sugar, with chocolate icing or filling	1.00
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	1.00
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	1.00
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	1.00
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	1.00
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	1.00
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	1.00
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	1.00

NDB_No	Description	Cholesterol(mg) Value Per
28389	PEPPERIDGE FARM, White Bread	1.00
28390	PEPPERIDGE FARM, Light Style Wheat Bread	1.00
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	1.00
28394	PEPPERIDGE FARM, Hamburger Bun	1.00
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	1.00
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	1.00
32008	Pasta mix, classic cheeseburger macaroni, unprepared	1.00
32010	Pasta mix, Italian lasagna, unprepared	1.00
32017	Pasta mix, Italian four cheese lasagna, unprepared	1.00
36002	APPLEBEE'S, french fries	1.00
36007	T.G.I. FRIDAY'S, french fries	1.00
36014	Restaurant, family style, french fries	1.00
36413	Restaurant, Latino, black bean soup	1.00
43020	Salad dressing, blue or roquefort cheese, low calorie	1.00
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	1.00
43539	Babyfood, dessert, banana yogurt, strained	1.00
01112	Whey, acid, fluid	1.00
01187	Yogurt, chocolate, nonfat milk	1.00
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	1.00
03119	Babyfood, vegetables, corn, creamed, strained	1.00
03120	Babyfood, vegetables, corn, creamed, junior	1.00
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	1.00
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	1.00
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	1.00
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	1.00
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	1.00
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	1.00
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	1.00
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	1.00
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	1.00
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	1.00
03934	Babyfood, corn and sweet potatoes, strained	1.00
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	1.00
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	1.00
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	1.00
03964	Babyfood, fortified cereal bar, fruit filling	1.00

NDB_No	Description	Cholesterol(mg) Value Per
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	1.00
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	1.00
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	1.00
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	1.00
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	1.00
04630	Margarine Spread, approximately 48% fat, tub	1.00
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	1.00
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	1.00
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	1.00
04705	Salad dressing, caesar, fat-free	1.00
04706	Dressing, honey mustard, fat-free	1.00
06013	Soup, chicken broth, canned, condensed	1.00
06040	Soup, minestrone, canned, condensed	1.00
06053	Soup, cream of potato, canned, condensed	1.00
06063	Soup, tomato rice, canned, condensed	1.00
06072	Soup, vegetable with beef broth, canned, condensed	1.00
06174	Soup, stock, fish, home-prepared	1.00
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	1.00
06341	CAMPBELL'S, Cream of Potato Soup, condensed	1.00
06404	Soup, bean with pork, canned, prepared with equal volume water	1.00
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	1.00
06440	Soup, minestrone, canned, prepared with equal volume water	1.00
06463	Soup, tomato rice, canned, prepared with equal volume water	1.00
06466	Soup, turkey vegetable, canned, prepared with equal volume water	1.00
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	1.00
06483	Soup, cream of chicken, dry, mix, prepared with water	1.00
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	1.00
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	1.00
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	1.00
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	1.00
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	1.00
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYN0-BITES	1.00
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	1.00
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	1.00
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	1.00
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	1.00

NDB_No	Description	Cholesterol(mg) Value Per
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	1.00
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	1.00
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	1.00
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	1.00
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	1.00
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	1.00
14217	Beverages, OCEAN SPRAY, Cran Grape	1.00
14317	Beverages, malted drink mix, chocolate, powder	1.00
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	1.00
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	1.00
16512	WORTHINGTON Diced Chik, canned, unprepared	1.00
16513	WORTHINGTON FriChik Original, canned, unprepared	1.00
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	1.00
16517	WORTHINGTON Prime Stakes, canned, unprepared	1.00
16519	WORTHINGTON Super Links, canned, unprepared	1.00
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	1.00
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	1.00
16528	WORTHINGTON Dinner Roast, frozen, unprepared	1.00
16534	WORTHINGTON Stakelets, frozen, unprepared	1.00
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	1.00
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	1.00
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	1.00
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	1.00
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	1.00
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	1.00
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	1.00
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	1.00
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	1.00
18009	Biscuits, plain or buttermilk, frozen, baked	1.00
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.00
18021	Bread, boston brown, canned	1.00
18070	Bread, white, commercially prepared, toasted	1.00
18081	Bread stuffing, bread, dry mix	1.00
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	0.00
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	0.00
01069	Cream substitute, powdered	0.00

NDB_No	Description	Cholesterol(mg) Value Per
01070	Dessert topping, powdered	0.00
01072	Dessert topping, pressurized	0.00
01073	Dessert topping, semi solid, frozen	0.00
01074	Sour cream, imitation, cultured	0.00
01076	Milk substitutes, fluid, with lauric acid oil	0.00
01124	Egg, white, raw, fresh	0.00
01135	Egg, white, dried, flakes, stabilized, glucose reduced	0.00
01136	Egg, white, dried, powder, stabilized, glucose reduced	0.00
01161	Cheese substitute, mozzarella	0.00
01172	Egg, white, raw, frozen, pasteurized	0.00
01173	Egg, white, dried	0.00
01205	Cream substitute, flavored, liquid	0.00
01206	Cream substitute, flavored, powdered	0.00
01226	Egg substitute, liquid or frozen, fat free	0.00
01243	Fat free ice cream, no sugar added, flavors other than chocolate	0.00
01258	Egg, white, dried, stabilized, glucose reduced	0.00
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	0.00
02001	Spices, allspice, ground	0.00
02002	Spices, anise seed	0.00
02003	Spices, basil, dried	0.00
02004	Spices, bay leaf	0.00
02005	Spices, caraway seed	0.00
02006	Spices, cardamom	0.00
02007	Spices, celery seed	0.00
02008	Spices, chervil, dried	0.00
02009	Spices, chili powder	0.00
02010	Spices, cinnamon, ground	0.00
02011	Spices, cloves, ground	0.00
02012	Spices, coriander leaf, dried	0.00
02013	Spices, coriander seed	0.00
02014	Spices, cumin seed	0.00
02015	Spices, curry powder	0.00
02016	Spices, dill seed	0.00
02017	Spices, dill weed, dried	0.00
02018	Spices, fennel seed	0.00
02019	Spices, fenugreek seed	0.00

NDB_No	Description	Cholesterol(mg) Value Per
02020	Spices, garlic powder	0.00
02021	Spices, ginger, ground	0.00
02022	Spices, mace, ground	0.00
02023	Spices, marjoram, dried	0.00
02024	Spices, mustard seed, ground	0.00
02025	Spices, nutmeg, ground	0.00
02026	Spices, onion powder	0.00
02027	Spices, oregano, dried	0.00
02028	Spices, paprika	0.00
02029	Spices, parsley, dried	0.00
02030	Spices, pepper, black	0.00
02031	Spices, pepper, red or cayenne	0.00
02032	Spices, pepper, white	0.00
02033	Spices, poppy seed	0.00
02034	Spices, poultry seasoning	0.00
02035	Spices, pumpkin pie spice	0.00
02036	Spices, rosemary, dried	0.00
02037	Spices, saffron	0.00
02038	Spices, sage, ground	0.00
02039	Spices, savory, ground	0.00
02041	Spices, tarragon, dried	0.00
02042	Spices, thyme, dried	0.00
02043	Spices, turmeric, ground	0.00
02044	Basil, fresh	0.00
02045	Dill weed, fresh	0.00
02046	Mustard, prepared, yellow	0.00
02047	Salt, table	0.00
02048	Vinegar, cider	0.00
02049	Thyme, fresh	0.00
02050	Vanilla extract	0.00
02051	Vanilla extract, imitation, alcohol	0.00
02052	Vanilla extract, imitation, no alcohol	0.00
02053	Vinegar, distilled	0.00
02054	Capers, canned	0.00
02055	Horseradish, prepared	0.00
02063	Rosemary, fresh	0.00

NDB_No	Description	Cholesterol(mg) Value Per
02064	Peppermint, fresh	0.00
02065	Spearmint, fresh	0.00
02066	Spearmint, dried	0.00
02073	PACE, Dry Taco Seasoning Mix	0.00
02074	Seasoning mix, dry, sazón, coriander & annatto	0.00
02075	Seasoning mix, dry, taco, original	0.00
02076	Seasoning mix, dry, chili, original	0.00
03001	Babyfood, juice treats, fruit medley, toddler	0.00
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	0.00
03024	Babyfood, water, bottled, GERBER, without added fluoride.	0.00
03091	Babyfood, vegetables, green beans, strained	0.00
03092	Babyfood, vegetables, green beans, junior	0.00
03093	Babyfood, green beans, dices, toddler	0.00
03098	Babyfood, vegetables, beets, strained	0.00
03099	Babyfood, vegetables, carrots, strained	0.00
03100	Babyfood, vegetables, carrots, junior	0.00
03104	Babyfood, vegetables, squash, strained	0.00
03105	Babyfood, vegetables, squash, junior	0.00
03108	Babyfood, vegetables, sweet potatoes strained	0.00
03109	Babyfood, vegetables, sweet potatoes, junior	0.00
03112	Babyfood, potatoes, toddler	0.00
03114	Babyfood, vegetable, butternut squash and corn	0.00
03115	Babyfood, apples, dices, toddler	0.00
03116	Babyfood, fruit, applesauce, strained	0.00
03117	Babyfood, fruit, applesauce, junior	0.00
03118	Babyfood, fruit, apricot with tapioca, strained	0.00
03121	Babyfood, vegetables, peas, strained	0.00
03122	Babyfood, peas, dices, toddler	0.00
03128	Babyfood, fruit, apricot with tapioca, junior	0.00
03129	Babyfood, fruit, bananas with tapioca, strained	0.00
03130	Babyfood, fruit, peaches, strained	0.00
03131	Babyfood, fruit, peaches, junior	0.00
03132	Babyfood, fruit, pears, strained	0.00
03133	Babyfood, fruit, pears, junior	0.00
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	0.00
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	0.00

NDB_No	Description	Cholesterol(mg) Value Per
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	0.00
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	0.00
03139	Babyfood, prunes, without vitamin c, strained	0.00
03140	Babyfood, fruit dessert, mango with tapioca	0.00
03141	Babyfood, pears, dices, toddler	0.00
03142	Babyfood, fruit, applesauce and apricots, strained	0.00
03143	Babyfood, fruit, applesauce and apricots, junior	0.00
03144	Babyfood, fruit, applesauce and cherries, strained	0.00
03145	Babyfood, fruit, applesauce and cherries, junior	0.00
03147	Babyfood, fruit, applesauce with banana, junior	0.00
03150	Babyfood, fruit, applesauce and pineapple, strained	0.00
03151	Babyfood, fruit, applesauce and pineapple, junior	0.00
03152	Babyfood, fruit, apple and raspberry, strained	0.00
03153	Babyfood, fruit, apple and raspberry, junior	0.00
03154	Babyfood, fruit and vegetable, apple and sweet potato	0.00
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	0.00
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	0.00
03158	Babyfood, fruit, pears and pineapple, strained	0.00
03159	Babyfood, fruit, pears and pineapple, junior	0.00
03161	Babyfood, peaches, dices, toddler	0.00
03163	Babyfood, fruit, bananas with apples and pears, strained	0.00
03164	Babyfood, fruit, apple and blueberry, strained	0.00
03165	Babyfood, fruit, apple and blueberry, junior	0.00
03166	Babyfood, juice, apple	0.00
03167	Babyfood, apple-banana juice	0.00
03168	Babyfood, juice, apple and peach	0.00
03169	Babyfood, apple-cranberry juice	0.00
03170	Babyfood, juice, apple and plum	0.00
03171	Babyfood, juice, apple and prune	0.00
03172	Babyfood, juice, orange	0.00
03174	Babyfood, juice, orange and apple and banana	0.00
03175	Babyfood, juice, orange and apricot	0.00
03177	Babyfood, juice, orange and pineapple	0.00
03179	Babyfood, juice, mixed fruit	0.00
03181	Babyfood, cereal, barley, dry fortified	0.00
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	0.00

NDB_No	Description	Cholesterol(mg) Value Per
03185	Babyfood, cereal, mixed, dry fortified	0.00
03186	Babyfood, cereal, mixed, with bananas, dry	0.00
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	0.00
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	0.00
03189	Babyfood, cereal, oatmeal, dry fortified	0.00
03190	Babyfood, cereal, oatmeal, with bananas, dry	0.00
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	0.00
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	0.00
03194	Babyfood, cereal, rice, dry fortified	0.00
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	0.00
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	0.00
03209	Babyfood, crackers, vegetable	0.00
03211	Babyfood, cereal, high protein, with apple and orange, dry	0.00
03212	Babyfood, cereal, rice, with bananas, dry	0.00
03214	Babyfood, cookies, arrowroot	0.00
03215	Babyfood, pretzels	0.00
03220	Babyfood, dessert, dutch apple, strained	0.00
03221	Babyfood, dessert, dutch apple, junior	0.00
03222	Babyfood, cherry cobbler, junior	0.00
03227	Babyfood, dessert, peach cobbler, strained	0.00
03228	Babyfood, dessert, peach cobbler, junior	0.00
03233	Babyfood, dessert, fruit pudding, pineapple, strained	0.00
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	0.00
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	0.00
03265	Babyfood, juice, apple and grape	0.00
03267	Babyfood, juice, fruit punch, with calcium	0.00
03268	Babyfood, juice, apple and cherry	0.00
03269	Babyfood, juice, apple, with calcium	0.00
03279	Babyfood, dinner, mixed vegetable, junior	0.00
03280	Babyfood, fruit, bananas with tapioca, junior	0.00
03282	Babyfood, vegetables, mix vegetables junior	0.00
03283	Babyfood, vegetables, garden vegetable, strained	0.00
03286	Babyfood, vegetables, mix vegetables strained	0.00
03293	Babyfood, plums, bananas and rice, strained	0.00
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	0.00
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	0.00

NDB_No	Description	Cholesterol(mg) Value Per
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	0.00
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	0.00
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	0.00
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	0.00
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	0.00
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	0.00
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	0.00
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	0.00
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	0.00
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	0.00
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	0.00
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	0.00
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	0.00
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	0.00
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	0.00
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	0.00
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	0.00
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	0.00
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	0.00
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	0.00
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	0.00
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	0.00
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	0.00
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	0.00
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	0.00
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	0.00
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	0.00
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	0.00
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	0.00
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	0.00
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	0.00
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	0.00
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	0.00
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	0.00
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	0.00
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	0.00

NDB_No	Description	Cholesterol(mg) Value Per
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	0.00
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	0.00
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	0.00
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	0.00
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	0.00
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	0.00
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	0.00
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	0.00
03994	Babyfood, fruit, banana and strawberry, junior	0.00
03995	Babyfood, banana with mixed berries, strained	0.00
03997	Babyfood, Baby MUM MUM Rice Biscuits	0.00
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	0.00
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	0.00
04015	Salad dressing, russian dressing	0.00
04016	Salad dressing, sesame seed dressing, regular	0.00
04020	Salad dressing, french dressing, reduced fat	0.00
04021	Salad dressing, italian dressing, commercial, reduced fat	0.00
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	0.00
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	0.00
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	0.00
04037	Oil, rice bran	0.00
04038	Oil, wheat germ	0.00
04042	Oil, peanut, salad or cooking	0.00
04044	Oil, soybean, salad or cooking	0.00
04047	Oil, coconut	0.00
04053	Oil, olive, salad or cooking	0.00
04055	Oil, palm	0.00
04058	Oil, sesame, salad or cooking	0.00
04060	Oil, sunflower, linoleic (less than 60%)	0.00
04073	Margarine, regular, hard, soybean (hydrogenated)	0.00
04114	Salad dressing, italian dressing, commercial, regular	0.00
04120	Salad dressing, french dressing, commercial, regular	0.00
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	0.00
04133	Salad dressing, french, home recipe	0.00
04135	Salad dressing, home recipe, vinegar and oil	0.00
04141	Salad dressing, french dressing, commercial, regular, without salt	0.00

NDB_No	Description	Cholesterol(mg) Value Per
04142	Salad dressing, french dressing, reduced fat, without salt	0.00
04146	Salad dressing, french, cottonseed, oil, home recipe	0.00
04367	Salad dressing, french dressing, fat-free	0.00
04501	Oil, cocoa butter	0.00
04502	Oil, cottonseed, salad or cooking	0.00
04506	Oil, sunflower, linoleic, (approx. 65%)	0.00
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	0.00
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	0.00
04513	Vegetable oil, palm kernel	0.00
04514	Oil, poppyseed	0.00
04515	Oil, tomatoseed	0.00
04516	Oil, teaseed	0.00
04517	Oil, grapeseed	0.00
04518	Oil, corn, industrial and retail, all purpose salad or cooking	0.00
04528	Oil, walnut	0.00
04529	Oil, almond	0.00
04530	Oil, apricot kernel	0.00
04531	Oil, soybean lecithin	0.00
04532	Oil, hazelnut	0.00
04534	Oil, babassu	0.00
04536	Oil, sheanut	0.00
04541	Oil, cupu assu	0.00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	0.00
04545	Oil, sunflower, linoleic, (partially hydrogenated)	0.00
04546	Shortening bread, soybean (hydrogenated) and cottonseed	0.00
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	0.00
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	0.00
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	0.00
04556	Shortening frying (heavy duty), palm (hydrogenated)	0.00
04559	Shortening household soybean (hydrogenated) and palm	0.00
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	0.00
04570	Shortening, confectionery, fractionated palm	0.00
04572	Oil, nutmeg butter	0.00
04573	Oil, ucuhuba butter	0.00
04582	Oil, canola	0.00
04584	Oil, sunflower, high oleic (70% and over)	0.00

NDB_No	Description	Cholesterol(mg) Value Per
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	0.00
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	0.00
04588	Oil, oat	0.00
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	0.00
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	0.00
04610	Margarine, regular, 80% fat, composite, stick, with salt	0.00
04611	Margarine, regular, 80% fat, composite, tub, with salt	0.00
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	0.00
04615	Shortening, vegetable, household, composite	0.00
04617	Margarine, regular, 80% fat, composite, stick, without salt	0.00
04618	Margarine, regular, 80% fat, composite, tub, without salt	0.00
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	0.00
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	0.00
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	0.00
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	0.00
04631	Margarine-like, vegetable oil spread, fat-free, tub	0.00
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	0.00
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	0.00
04642	Oil, industrial, mid-oleic, sunflower	0.00
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	0.00
04644	Oil, industrial, canola for salads, woks and light frying	0.00
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	0.00
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	0.00
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	0.00
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	0.00
04650	Oil, industrial, soy, refined, for woks and light frying	0.00
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	0.00
04652	Oil, industrial, soy (partially hydrogenated), all purpose	0.00
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	0.00
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	0.00
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	0.00
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	0.00
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	0.00
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	0.00
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	0.00
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	0.00

NDB_No	Description	Cholesterol(mg) Value Per
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	0.00
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	0.00
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	0.00
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	0.00
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	0.00
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	0.00
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	0.00
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	0.00
04669	USDA Commodity Food, oil, vegetable, soybean, refined	0.00
04670	USDA Commodity Food, oil, vegetable, low saturated fat	0.00
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	0.00
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	0.00
04676	Margarine-like spread, SMART BEAT Smart Squeeze	0.00
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	0.00
04679	Oil, PAM cooking spray, original	0.00
04686	Salad dressing, honey mustard dressing, reduced calorie	0.00
04688	Salad dressing, spray-style dressing, assorted flavors	0.00
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	0.00
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	0.00
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	0.00
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	0.00
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	0.00
04698	Oil, industrial, canola, high oleic	0.00
04699	Oil, industrial, soy, low linolenic	0.00
04700	Oil, industrial, soy, ultra low linolenic	0.00
04701	Oil, industrial, soy, fully hydrogenated	0.00
04702	Oil, industrial, cottonseed, fully hydrogenated	0.00
04707	Oil, flaxseed, contains added sliced flaxseed	0.00
06002	Soup, black bean, canned, condensed	0.00
06008	Soup, beef broth or bouillon canned, ready-to-serve	0.00
06032	Soup, beef broth bouillon and consomme, canned, condensed	0.00
06042	Soup, mushroom barley, canned, condensed	0.00
06043	Soup, cream of mushroom, canned, condensed	0.00
06045	Soup, onion, canned, condensed	0.00
06049	Soup, pea, green, canned, condensed	0.00
06067	Soup, chunky vegetable, canned, ready-to-serve	0.00

NDB_No	Description	Cholesterol(mg) Value Per
06068	Soup, vegetarian vegetable, canned, condensed	0.00
06091	CAMPBELL'S Red and White, Beef Broth, condensed	0.00
06094	Soup, onion, dry, mix	0.00
06097	CAMPBELL'S Red and White, Beef Consomme, condensed	0.00
06112	Sauce, teriyaki, ready-to-serve	0.00
06114	Gravy, au jus, canned	0.00
06121	Gravy, mushroom, canned	0.00
06150	Sauce, barbecue	0.00
06151	Sauce, plum, ready-to-serve	0.00
06152	Sauce, pizza, canned, ready-to-serve	0.00
06159	Soup, tomato, canned, condensed	0.00
06164	Sauce, salsa, ready-to-serve	0.00
06168	Sauce, ready-to-serve, pepper or hot	0.00
06169	Sauce, ready-to-serve, pepper, TABASCO	0.00
06170	Soup, stock, beef, home-prepared	0.00
06176	Sauce, oyster, ready-to-serve	0.00
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	0.00
06179	Sauce, fish, ready-to-serve	0.00
06183	Soup, chicken broth, less/reduced sodium, ready to serve	0.00
06188	Soup, beef broth, less/reduced sodium, ready to serve	0.00
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	0.00
06217	Soup, vegetable, canned, low sodium, condensed	0.00
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	0.00
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	0.00
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	0.00
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	0.00
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	0.00
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	0.00
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	0.00
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	0.00
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	0.00
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	0.00
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	0.00
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	0.00
06317	Gravy, CAMPBELL'S, beef, fat free	0.00
06324	Gravy, CAMPBELL'S, beef, microwavable	0.00

NDB_No	Description	Cholesterol(mg) Value Per
06326	Gravy, CAMPBELL'S, turkey	0.00
06332	Gravy, CAMPBELL'S, turkey, microwavable	0.00
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	0.00
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	0.00
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	0.00
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	0.00
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	0.00
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	0.00
06377	CAMPBELL'S, Tomato Soup, condensed	0.00
06402	Soup, black bean, canned, prepared with equal volume water	0.00
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	0.00
06413	Soup, chicken broth, canned, prepared with equal volume water	0.00
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	0.00
06442	Soup, mushroom barley, canned, prepared with equal volume water	0.00
06443	Soup, cream of mushroom, canned, prepared with equal volume water	0.00
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	0.00
06449	Soup, pea, green, canned, prepared with equal volume water	0.00
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	0.00
06475	Soup, beef broth or bouillon, powder, prepared with water	0.00
06476	Soup, beef broth, cubed, prepared with water	0.00
06480	Soup, chicken broth or bouillon, dry, prepared with water	0.00
06481	Soup, chicken broth cubes, dry, prepared with water	0.00
06494	Soup, onion, dry, mix, prepared with water	0.00
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	0.00
06544	CAMPBELL'S Homestyle Minestrone Soup	0.00
06559	Soup, tomato, canned, prepared with equal volume water, commercial	0.00
06580	CAMPBELL'S Homestyle Vegetable Medley Soup	0.00
06583	Soup, ramen noodle, any flavor, dry	0.00
06588	CAMPBELL'S Soup on the Go, Classic Tomato Soup	0.00
06597	PACE, Chipotle Chunky Salsa	0.00
06598	PACE, Cilantro Chunky Salsa	0.00
06599	PACE, Enchilada Sauce	0.00
06600	PACE, Green Taco Sauce	0.00
06601	PACE, Lime & Garlic Chunky Salsa	0.00
06602	PACE, Organic Picante Sauce	0.00
06603	PACE, Picante Sauce	0.00

NDB_No	Description	Cholesterol(mg) Value Per
06604	PACE, Red Taco Sauce	0.00
06605	PACE, Thick & Chunky Salsa	0.00
06609	SWANSON BROTH, Certified Organic Vegetable Broth	0.00
06611	Soup, SWANSON, beef broth, lower sodium	0.00
06615	Soup, SWANSON, vegetable broth	0.00
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	0.00
06619	SMART SOUP, Santa Fe Corn Chowder	0.00
06620	SMART SOUP, French Lentil	0.00
06621	SMART SOUP, Greek Minestrone	0.00
06622	SMART SOUP, Indian Bean Masala	0.00
06623	SMART SOUP, Moroccan Chick Pea	0.00
06624	SMART SOUP, Thai Coconut Curry	0.00
06625	SMART SOUP, Vietnamese Carrot Lemongrass	0.00
06700	Soup, vegetable broth, ready to serve	0.00
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	0.00
06956	Soup, tomato, canned, condensed, reduced sodium	0.00
06961	Sauce, peppers, hot, chili, mature red, canned	0.00
06962	Sauce, chili, peppers, hot, immature green, canned	0.00
06963	Fish broth	0.00
06964	Soup, tomato, low sodium, with water	0.00
06965	Soup, pea, low sodium, prepared with equal volume water	0.00
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	0.00
06970	Soup, chicken broth, low sodium, canned	0.00
06971	Sauce, worcestershire	0.00
06972	Sauce, tomato chili sauce, bottled, with salt	0.00
06984	Soup, SWANSON Chicken Broth 99% Fat Free	0.00
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	0.00
06990	HEALTHY REQUEST, Minestrone Soup, condensed	0.00
06991	HEALTHY REQUEST, Tomato Soup, condensed	0.00
06992	HEALTHY REQUEST, Vegetable Soup, condensed	0.00
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	0.00
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	0.00
06996	Gravy, CAMPBELL'S, au jus	0.00
06998	Gravy, CAMPBELL'S, brown with onions	0.00
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	0.00
08002	Cereals ready-to-eat, POST, ALPHA-BITS	0.00

NDB_No	Description	Cholesterol(mg) Value Per
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	0.00
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	0.00
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	0.00
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	0.00
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	0.00
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	0.00
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	0.00
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	0.00
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	0.00
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.00
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	0.00
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	0.00
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	0.00
08025	Cereals ready-to-eat, RALSTON CRISP RICE	0.00
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	0.00
08029	Cereals ready-to-eat, POST Bran Flakes	0.00
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	0.00
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	0.00
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	0.00
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	0.00
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	0.00
08037	Cereals ready-to-eat, granola, homemade	0.00
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	0.00
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	0.00
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	0.00
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	0.00
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	0.00
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	0.00
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.00
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	0.00
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	0.00
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	0.00
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	0.00
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	0.00
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	0.00
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	0.00

NDB_No	Description	Cholesterol(mg) Value Per
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	0.00
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	0.00
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	0.00
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	0.00
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	0.00
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	0.00
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	0.00
08074	Cereals ready-to-eat, RALSTON TASTEEOS	0.00
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	0.00
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	0.00
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	0.00
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	0.00
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	0.00
08084	Cereals ready-to-eat, wheat germ, toasted, plain	0.00
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	0.00
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	0.00
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	0.00
08090	Cereals, corn grits, white, regular and quick, enriched, dry	0.00
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	0.00
08092	Cereals, QUAKER, corn grits, instant, plain, dry	0.00
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	0.00
08100	Cereals, CREAM OF RICE, dry	0.00
08101	Cereals, CREAM OF RICE, cooked with water, without salt	0.00
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	0.00
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	0.00
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	0.00
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	0.00
08106	Cereals, CREAM OF WHEAT, instant, dry	0.00
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	0.00
08113	Cereals, farina, enriched, cooked with water, without salt	0.00
08116	Cereals, MALT-O-MEAL, original, plain, dry	0.00
08120	Cereals, oats, regular and quick, not fortified, dry	0.00
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	0.00
08122	Cereals, oats, instant, fortified, plain, dry	0.00
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	0.00
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	0.00

NDB_No	Description	Cholesterol(mg) Value Per
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	0.00
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	0.00
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	0.00
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	0.00
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	0.00
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	0.00
08142	Cereals, WHEATENA, dry	0.00
08143	Cereals, WHEATENA, cooked with water	0.00
08144	Cereals, whole wheat hot natural cereal, dry	0.00
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	0.00
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	0.00
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	0.00
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	0.00
08156	Cereals ready-to-eat, rice, puffed, fortified	0.00
08157	Cereals ready-to-eat, wheat, puffed, fortified	0.00
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	0.00
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	0.00
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	0.00
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	0.00
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	0.00
08168	Cereals, CREAM OF RICE, cooked with water, with salt	0.00
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	0.00
08172	Cereals, farina, unenriched, dry	0.00
08173	Cereals, farina, enriched, cooked with water, with salt	0.00
08177	Cereals, MALT-O-MEAL, chocolate, dry	0.00
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	0.00
08182	Cereals, WHEATENA, cooked with water, with salt	0.00
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	0.00
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	0.00
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	0.00
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	0.00
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	0.00
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.00
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	0.00
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	0.00
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	0.00

NDB_No	Description	Cholesterol(mg) Value Per
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	0.00
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	0.00
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	0.00
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	0.00
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	0.00
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	0.00
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	0.00
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	0.00
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	0.00
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	0.00
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	0.00
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	0.00
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	0.00
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	0.00
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	0.00
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	0.00
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	0.00
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	0.00
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	0.00
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	0.00
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	0.00
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	0.00
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	0.00
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	0.00
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	0.00
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	0.00
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	0.00
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	0.00
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	0.00
08305	Cereals ready-to-eat, Post, Waffle Crisp	0.00
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	0.00
08314	Cereals, QUAKER, hominy grits, white, quick, dry	0.00
08316	Cereals, QUAKER, hominy grits, white, regular, dry	0.00
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	0.00
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	0.00
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	0.00

NDB_No	Description	Cholesterol(mg) Value Per
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	0.00
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	0.00
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	0.00
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	0.00
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	0.00
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	0.00
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	0.00
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	0.00
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	0.00
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	0.00
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	0.00
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	0.00
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	0.00
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	0.00
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	0.00
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	0.00
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	0.00
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	0.00
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	0.00
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	0.00
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	0.00
08393	Cereals ready-to-eat, KASHI GOLEAN	0.00
08402	Cereals, QUAKER, Quick Oats, Dry	0.00
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	0.00
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	0.00
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	0.00
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	0.00
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	0.00
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	0.00
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	0.00
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	0.00
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	0.00
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	0.00
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	0.00
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	0.00
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	0.00

NDB_No	Description	Cholesterol(mg) Value Per
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	0.00
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	0.00
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	0.00
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	0.00
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	0.00
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	0.00
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	0.00
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	0.00
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	0.00
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	0.00
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	0.00
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	0.00
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	0.00
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	0.00
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	0.00
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	0.00
08506	Cereals ready-to-eat, RALSTON Corn Flakes	0.00
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	0.00
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	0.00
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	0.00
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	0.00
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	0.00
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	0.00
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	0.00
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	0.00
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	0.00
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	0.00
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	0.00
08546	Rice and Wheat cereal bar	0.00
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	0.00
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	0.00
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	0.00
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	0.00
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	0.00
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	0.00
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	0.00

NDB_No	Description	Cholesterol(mg) Value Per
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	0.00
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	0.00
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	0.00
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	0.00
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	0.00
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	0.00
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	0.00
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	0.00
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	0.00
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	0.00
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	0.00
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	0.00
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	0.00
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	0.00
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	0.00
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	0.00
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	0.00
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	0.00
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	0.00
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	0.00
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	0.00
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	0.00
08608	Cereals ready-to-eat, KASHI Berry Blossom	0.00
08610	Cereals ready-to-eat, KASHI Honey Sunshine	0.00
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	0.00
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	0.00
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	0.00
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	0.00
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	0.00
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	0.00
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	0.00
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	0.00
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	0.00
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	0.00
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	0.00
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	0.00

NDB_No	Description	Cholesterol(mg) Value Per
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	0.00
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	0.00
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	0.00
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	0.00
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	0.00
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	0.00
08648	Cereals ready-to-eat, KASHI Simply Maize	0.00
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	0.00
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	0.00
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	0.00
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	0.00
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.00
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.00
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	0.00
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	0.00
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	0.00
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	0.00
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	0.00
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	0.00
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	0.00
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	0.00
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	0.00
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	0.00
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	0.00
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	0.00
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	0.00
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	0.00
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	0.00
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	0.00
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	0.00
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	0.00
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	0.00
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	0.00
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	0.00
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	0.00
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	0.00

NDB_No	Description	Cholesterol(mg) Value Per
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	0.00
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	0.00
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	0.00
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	0.00
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	0.00
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	0.00
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	0.00
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	0.00
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	0.00
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	0.00
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	0.00
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	0.00
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	0.00
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	0.00
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	0.00
08706	Cereals ready-to-eat, KELLOGG SCOOPY-DOO! cereal	0.00
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	0.00
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	0.00
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	0.00
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	0.00
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	0.00
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	0.00
09001	Acerola, (west indian cherry), raw	0.00
09002	Acerola juice, raw	0.00
09003	Apples, raw, with skin	0.00
09004	Apples, raw, without skin	0.00
09005	Apples, raw, without skin, cooked, boiled	0.00
09006	Apples, raw, without skin, cooked, microwave	0.00
09007	Apples, canned, sweetened, sliced, drained, unheated	0.00
09008	Apples, canned, sweetened, sliced, drained, heated	0.00
09009	Apples, dehydrated (low moisture), sulfured, uncooked	0.00
09010	Apples, dehydrated (low moisture), sulfured, stewed	0.00
09011	Apples, dried, sulfured, uncooked	0.00
09012	Apples, dried, sulfured, stewed, without added sugar	0.00
09013	Apples, dried, sulfured, stewed, with added sugar	0.00
09014	Apples, frozen, unsweetened, unheated	0.00

NDB_No	Description	Cholesterol(mg) Value Per
09015	Apples, frozen, unsweetened, heated	0.00
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	0.00
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	0.00
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	0.00
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0.00
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	0.00
09021	Apricots, raw	0.00
09022	Apricots, canned, water pack, with skin, solids and liquids	0.00
09023	Apricots, canned, water pack, without skin, solids and liquids	0.00
09024	Apricots, canned, juice pack, with skin, solids and liquids	0.00
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	0.00
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	0.00
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	0.00
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	0.00
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	0.00
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	0.00
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	0.00
09032	Apricots, dried, sulfured, uncooked	0.00
09033	Apricots, dried, sulfured, stewed, without added sugar	0.00
09034	Apricots, dried, sulfured, stewed, with added sugar	0.00
09035	Apricots, frozen, sweetened	0.00
09036	Apricot nectar, canned, without added ascorbic acid	0.00
09037	Avocados, raw, all commercial varieties	0.00
09038	Avocados, raw, California	0.00
09039	Avocados, raw, Florida	0.00
09040	Bananas, raw	0.00
09041	Bananas, dehydrated, or banana powder	0.00
09042	Blackberries, raw	0.00
09043	Blackberry juice, canned	0.00
09044	Cherries, tart, dried, sweetened	0.00
09046	Blackberries, canned, heavy syrup, solids and liquids	0.00
09048	Blackberries, frozen, unsweetened	0.00
09050	Blueberries, raw	0.00
09052	Blueberries, canned, heavy syrup, solids and liquids	0.00
09053	Blueberries, wild, frozen	0.00
09054	Blueberries, frozen, unsweetened	0.00

NDB_No	Description	Cholesterol(mg) Value Per
09055	Blueberries, frozen, sweetened	0.00
09056	Boysenberries, canned, heavy syrup	0.00
09057	Boysenberries, frozen, unsweetened	0.00
09059	Breadfruit, raw	0.00
09060	Carambola, (starfruit), raw	0.00
09061	Carissa, (natal-plum), raw	0.00
09062	Cherimoya, raw	0.00
09063	Cherries, sour, red, raw	0.00
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	0.00
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	0.00
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	0.00
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	0.00
09068	Cherries, sour, red, frozen, unsweetened	0.00
09070	Cherries, sweet, raw	0.00
09071	Cherries, sweet, canned, water pack, solids and liquids	0.00
09072	Cherries, sweet, canned, juice pack, solids and liquids	0.00
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	0.00
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	0.00
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	0.00
09076	Cherries, sweet, frozen, sweetened	0.00
09077	Crabapples, raw	0.00
09078	Cranberries, raw	0.00
09079	Cranberries, dried, sweetened	0.00
09081	Cranberry sauce, canned, sweetened	0.00
09082	Cranberry-orange relish, canned	0.00
09083	Currants, european black, raw	0.00
09084	Currants, red and white, raw	0.00
09085	Currants, zante, dried	0.00
09087	Dates, deglet noor	0.00
09088	Elderberries, raw	0.00
09089	Figs, raw	0.00
09090	Figs, canned, water pack, solids and liquids	0.00
09091	Figs, canned, light syrup pack, solids and liquids	0.00
09092	Figs, canned, heavy syrup pack, solids and liquids	0.00
09093	Figs, canned, extra heavy syrup pack, solids and liquids	0.00
09094	Figs, dried, uncooked	0.00

NDB_No	Description	Cholesterol(mg) Value Per
09095	Figs, dried, stewed	0.00
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	0.00
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	0.00
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.00
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	0.00
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	0.00
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	0.00
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	0.00
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	0.00
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	0.00
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	0.00
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	0.00
09107	Gooseberries, raw	0.00
09109	Gooseberries, canned, light syrup pack, solids and liquids	0.00
09110	Goji berries, dried	0.00
09111	Grapefruit, raw, pink and red and white, all areas	0.00
09112	Grapefruit, raw, pink and red, all areas	0.00
09113	Grapefruit, raw, pink and red, California and Arizona	0.00
09114	Grapefruit, raw, pink and red, Florida	0.00
09116	Grapefruit, raw, white, all areas	0.00
09117	Grapefruit, raw, white, California	0.00
09118	Grapefruit, raw, white, Florida	0.00
09119	Grapefruit, sections, canned, water pack, solids and liquids	0.00
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0.00
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	0.00
09123	Grapefruit juice, white, canned or bottled, unsweetened	0.00
09124	Grapefruit juice, white, canned, sweetened	0.00
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	0.00
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	0.00
09127	Grapefruit juice, pink or red, with added calcium	0.00
09128	Grapefruit juice, white, raw	0.00
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0.00
09131	Grapes, american type (slip skin), raw	0.00
09132	Grapes, red or green (European type, such as Thompson seedless), raw	0.00
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	0.00
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	0.00

NDB_No	Description	Cholesterol(mg) Value Per
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.00
09138	Groundcherries, (cape-gooseberries or poha), raw	0.00
09139	Guavas, common, raw	0.00
09140	Guavas, strawberry, raw	0.00
09143	Guava sauce, cooked	0.00
09144	Jackfruit, raw	0.00
09145	Java-plum, (jambolan), raw	0.00
09148	Kiwifruit, green, raw	0.00
09149	Kumquats, raw	0.00
09150	Lemons, raw, without peel	0.00
09152	Lemon juice, raw	0.00
09153	Lemon juice from concentrate, canned or bottled	0.00
09154	Lemon juice, frozen, unsweetened, single strength	0.00
09156	Lemon peel, raw	0.00
09159	Limes, raw	0.00
09160	Lime juice, raw	0.00
09161	Lime juice, canned or bottled, unsweetened	0.00
09163	Blueberries, dried, sweetened	0.00
09164	Litchis, raw	0.00
09165	Litchis, dried	0.00
09167	Loganberries, frozen	0.00
09172	Longans, raw	0.00
09173	Longans, dried	0.00
09174	Loquats, raw	0.00
09175	Mammy-apple, (mamey), raw	0.00
09176	Mangos, raw	0.00
09177	Mangosteen, canned, syrup pack	0.00
09181	Melons, cantaloupe, raw	0.00
09183	Melons, casaba, raw	0.00
09184	Melons, honeydew, raw	0.00
09185	Melon balls, frozen	0.00
09190	Mulberries, raw	0.00
09191	Nectarines, raw	0.00
09192	Oheloberries, raw	0.00
09193	Olives, ripe, canned (small-extra large)	0.00
09194	Olives, ripe, canned (jumbo-super colossal)	0.00

NDB_No	Description	Cholesterol(mg) Value Per
09195	Olives, pickled, canned or bottled, green	0.00
09200	Oranges, raw, all commercial varieties	0.00
09201	Oranges, raw, California, valencias	0.00
09202	Oranges, raw, navels	0.00
09203	Oranges, raw, Florida	0.00
09205	Oranges, raw, with peel	0.00
09206	Orange juice, raw	0.00
09207	Orange juice, canned, unsweetened	0.00
09209	Orange juice, chilled, includes from concentrate	0.00
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0.00
09211	Orange juice, chilled, includes from concentrate, with added calcium	0.00
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	0.00
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	0.00
09214	Orange juice, frozen concentrate, unsweetened, undiluted	0.00
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.00
09216	Orange peel, raw	0.00
09217	Orange-grapefruit juice, canned or bottled, unsweetened	0.00
09218	Tangerines, (mandarin oranges), raw	0.00
09219	Tangerines, (mandarin oranges), canned, juice pack	0.00
09220	Tangerines, (mandarin oranges), canned, light syrup pack	0.00
09221	Tangerine juice, raw	0.00
09223	Tangerine juice, canned, sweetened	0.00
09226	Papayas, raw	0.00
09229	Papaya nectar, canned	0.00
09231	Passion-fruit, (granadilla), purple, raw	0.00
09232	Passion-fruit juice, purple, raw	0.00
09233	Passion-fruit juice, yellow, raw	0.00
09236	Peaches, yellow, raw	0.00
09237	Peaches, canned, water pack, solids and liquids	0.00
09238	Peaches, canned, juice pack, solids and liquids	0.00
09239	Peaches, canned, extra light syrup, solids and liquids	0.00
09240	Peaches, canned, light syrup pack, solids and liquids	0.00
09241	Peaches, canned, heavy syrup pack, solids and liquids	0.00
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	0.00
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	0.00
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	0.00

NDB_No	Description	Cholesterol(mg) Value Per
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	0.00
09246	Peaches, dried, sulfured, uncooked	0.00
09247	Peaches, dried, sulfured, stewed, without added sugar	0.00
09248	Peaches, dried, sulfured, stewed, with added sugar	0.00
09250	Peaches, frozen, sliced, sweetened	0.00
09251	Peach nectar, canned, without added ascorbic acid	0.00
09252	Pears, raw	0.00
09253	Pears, canned, water pack, solids and liquids	0.00
09254	Pears, canned, juice pack, solids and liquids	0.00
09255	Pears, canned, extra light syrup pack, solids and liquids	0.00
09256	Pears, canned, light syrup pack, solids and liquids	0.00
09257	Pears, canned, heavy syrup pack, solids and liquids	0.00
09258	Pears, canned, extra heavy syrup pack, solids and liquids	0.00
09259	Pears, dried, sulfured, uncooked	0.00
09260	Pears, dried, sulfured, stewed, without added sugar	0.00
09261	Pears, dried, sulfured, stewed, with added sugar	0.00
09262	Pear nectar, canned, without added ascorbic acid	0.00
09263	Persimmons, japanese, raw	0.00
09264	Persimmons, japanese, dried	0.00
09265	Persimmons, native, raw	0.00
09266	Pineapple, raw, all varieties	0.00
09267	Pineapple, canned, water pack, solids and liquids	0.00
09268	Pineapple, canned, juice pack, solids and liquids	0.00
09269	Pineapple, canned, light syrup pack, solids and liquids	0.00
09270	Pineapple, canned, heavy syrup pack, solids and liquids	0.00
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	0.00
09272	Pineapple, frozen, chunks, sweetened	0.00
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	0.00
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	0.00
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.00
09276	Pitanga, (surinam-cherry), raw	0.00
09277	Plantains, raw	0.00
09278	Plantains, cooked	0.00
09279	Plums, raw	0.00
09281	Plums, canned, purple, water pack, solids and liquids	0.00
09282	Plums, canned, purple, juice pack, solids and liquids	0.00

NDB_No	Description	Cholesterol(mg) Value Per
09283	Plums, canned, purple, light syrup pack, solids and liquids	0.00
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	0.00
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	0.00
09286	Pomegranates, raw	0.00
09287	Prickly pears, raw	0.00
09288	Prunes, canned, heavy syrup pack, solids and liquids	0.00
09289	Prunes, dehydrated (low-moisture), uncooked	0.00
09290	Prunes, dehydrated (low-moisture), stewed	0.00
09291	Plums, dried (prunes), uncooked	0.00
09292	Plums, dried (prunes), stewed, without added sugar	0.00
09293	Plums, dried (prunes), stewed, with added sugar	0.00
09294	Prune juice, canned	0.00
09295	Pummelo, raw	0.00
09296	Quinces, raw	0.00
09297	Raisins, golden seedless	0.00
09298	Raisins, seedless	0.00
09299	Raisins, seeded	0.00
09301	Rambutan, canned, syrup pack	0.00
09302	Raspberries, raw	0.00
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	0.00
09306	Raspberries, frozen, red, sweetened	0.00
09307	Rhubarb, raw	0.00
09309	Rhubarb, frozen, uncooked	0.00
09310	Rhubarb, frozen, cooked, with sugar	0.00
09311	Roselle, raw	0.00
09313	Sapodilla, raw	0.00
09314	Sapote, mamey, raw	0.00
09315	Soursop, raw	0.00
09316	Strawberries, raw	0.00
09317	Strawberries, canned, heavy syrup pack, solids and liquids	0.00
09318	Strawberries, frozen, unsweetened	0.00
09319	Strawberries, frozen, sweetened, whole	0.00
09320	Strawberries, frozen, sweetened, sliced	0.00
09321	Sugar-apples, (sweetsop), raw	0.00
09322	Tamarinds, raw	0.00
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	0.00

NDB_No	Description	Cholesterol(mg) Value Per
09326	Watermelon, raw	0.00
09328	Maraschino cherries, canned, drained	0.00
09334	Feijoa, raw	0.00
09340	Pears, asian, raw	0.00
09351	Fruit cocktail, canned, heavy syrup, drained	0.00
09352	Blueberries, canned, light syrup, drained	0.00
09354	Pineapple, canned, juice pack, drained	0.00
09357	Apricots, canned, heavy syrup, drained	0.00
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	0.00
09370	Peaches, canned, heavy syrup, drained	0.00
09374	Pears, canned, heavy syrup, drained	0.00
09379	Plums, canned, heavy syrup, drained	0.00
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	0.00
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.00
09401	Applesauce, canned, unsweetened, with added ascorbic acid	0.00
09402	Applesauce, canned, sweetened, with salt	0.00
09403	Apricot nectar, canned, with added ascorbic acid	0.00
09404	Grapefruit juice, pink, raw	0.00
09407	Peach nectar, canned, with added ascorbic acid	0.00
09408	Pear nectar, canned, with added ascorbic acid	0.00
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	0.00
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	0.00
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	0.00
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	0.00
09420	Jackfruit, canned, syrup pack	0.00
09422	Durian, raw or frozen	0.00
09423	Prune puree	0.00
09434	Guanabana nectar, canned	0.00
09435	Guava nectar, canned, with added ascorbic acid	0.00
09436	Mango nectar, canned	0.00
09437	Tamarind nectar, canned	0.00
09442	Pomegranate juice, bottled	0.00
09443	Juice, apple and grape blend, with added ascorbic acid	0.00
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	0.00
09452	Orange Pineapple Juice Blend	0.00
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0.00

NDB_No	Description	Cholesterol(mg) Value Per
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	0.00
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	0.00
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	0.00
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	0.00
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0.00
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	0.00
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	0.00
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	0.00
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	0.00
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	0.00
09518	Raspberries, frozen, unsweetened	0.00
09519	Guava nectar, with sucralose, canned	0.00
09520	Kiwifruit, ZESPRI SunGold, raw	0.00
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	0.00
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	0.00
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	0.00
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	0.00
09530	Fruit juice smoothie, ODWALLA, strawberry banana	0.00
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	0.00
11001	Alfalfa seeds, sprouted, raw	0.00
11003	Amaranth leaves, raw	0.00
11004	Amaranth leaves, cooked, boiled, drained, without salt	0.00
11005	Arrowhead, raw	0.00
11006	Arrowhead, cooked, boiled, drained, without salt	0.00
11007	Artichokes, (globe or french), raw	0.00
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	0.00
11009	Artichokes, (globe or french), frozen, unprepared	0.00
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	0.00
11011	Asparagus, raw	0.00
11012	Asparagus, cooked, boiled, drained	0.00
11013	Asparagus, canned, regular pack, solids and liquids	0.00
11015	Asparagus, canned, drained solids	0.00
11018	Asparagus, frozen, unprepared	0.00
11019	Asparagus, frozen, cooked, boiled, drained, without salt	0.00
11022	Balsam-pear (bitter gourd), leafy tips, raw	0.00
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11024	Balsam-pear (bitter gourd), pods, raw	0.00
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	0.00
11026	Bamboo shoots, raw	0.00
11027	Bamboo shoots, cooked, boiled, drained, without salt	0.00
11028	Bamboo shoots, canned, drained solids	0.00
11029	Beans, kidney, mature seeds, sprouted, raw	0.00
11031	Lima beans, immature seeds, raw	0.00
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	0.00
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	0.00
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	0.00
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	0.00
11039	Lima beans, immature seeds, frozen, baby, unprepared	0.00
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	0.00
11043	Mung beans, mature seeds, sprouted, raw	0.00
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0.00
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	0.00
11046	Beans, navy, mature seeds, sprouted, raw	0.00
11048	Beans, pinto, immature seeds, frozen, unprepared	0.00
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	0.00
11050	Beans, shellie, canned, solids and liquids	0.00
11052	Beans, snap, green, raw	0.00
11053	Beans, snap, green, cooked, boiled, drained, without salt	0.00
11054	Beans, snap, green, canned, regular pack, solids and liquids	0.00
11056	Beans, snap, green, canned, regular pack, drained solids	0.00
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	0.00
11060	Beans, snap, green, frozen, all styles, unprepared	0.00
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	0.00
11080	Beets, raw	0.00
11081	Beets, cooked, boiled, drained	0.00
11082	Beets, canned, regular pack, solids and liquids	0.00
11084	Beets, canned, drained solids	0.00
11086	Beet greens, raw	0.00
11087	Beet greens, cooked, boiled, drained, without salt	0.00
11088	Broadbeans, immature seeds, raw	0.00
11090	Broccoli, raw	0.00
11091	Broccoli, cooked, boiled, drained, without salt	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11092	Broccoli, frozen, chopped, unprepared	0.00
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.00
11094	Broccoli, frozen, spears, unprepared	0.00
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	0.00
11096	Broccoli raab, raw	0.00
11097	Broccoli raab, cooked	0.00
11098	Brussels sprouts, raw	0.00
11099	Brussels sprouts, cooked, boiled, drained, without salt	0.00
11100	Brussels sprouts, frozen, unprepared	0.00
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	0.00
11104	Burdock root, raw	0.00
11105	Burdock root, cooked, boiled, drained, without salt	0.00
11106	Butterbur, (fuki), raw	0.00
11108	Butterbur, canned	0.00
11109	Cabbage, raw	0.00
11110	Cabbage, cooked, boiled, drained, without salt	0.00
11112	Cabbage, red, raw	0.00
11113	Cabbage, red, cooked, boiled, drained, without salt	0.00
11114	Cabbage, savoy, raw	0.00
11115	Cabbage, savoy, cooked, boiled, drained, without salt	0.00
11116	Cabbage, chinese (pak-choi), raw	0.00
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	0.00
11118	Cabbage, kimchi	0.00
11119	Cabbage, chinese (pe-tsai), raw	0.00
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	0.00
11122	Cardoon, raw	0.00
11124	Carrots, raw	0.00
11125	Carrots, cooked, boiled, drained, without salt	0.00
11126	Carrots, canned, regular pack, solids and liquids	0.00
11128	Carrots, canned, regular pack, drained solids	0.00
11130	Carrots, frozen, unprepared	0.00
11131	Carrots, frozen, cooked, boiled, drained, without salt	0.00
11134	Cassava, raw	0.00
11135	Cauliflower, raw	0.00
11136	Cauliflower, cooked, boiled, drained, without salt	0.00
11137	Cauliflower, frozen, unprepared	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	0.00
11141	Celeriac, raw	0.00
11142	Celeriac, cooked, boiled, drained, without salt	0.00
11143	Celery, raw	0.00
11144	Celery, cooked, boiled, drained, without salt	0.00
11145	Celtuce, raw	0.00
11147	Chard, swiss, raw	0.00
11148	Chard, swiss, cooked, boiled, drained, without salt	0.00
11149	Chayote, fruit, raw	0.00
11150	Chayote, fruit, cooked, boiled, drained, without salt	0.00
11151	Chicory, witloof, raw	0.00
11152	Chicory greens, raw	0.00
11154	Chicory roots, raw	0.00
11156	Chives, raw	0.00
11157	Chrysanthemum, garland, raw	0.00
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	0.00
11161	Collards, raw	0.00
11162	Collards, cooked, boiled, drained, without salt	0.00
11163	Collards, frozen, chopped, unprepared	0.00
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	0.00
11165	Coriander (cilantro) leaves, raw	0.00
11167	Corn, sweet, yellow, raw	0.00
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	0.00
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	0.00
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	0.00
11174	Corn, sweet, yellow, canned, cream style, regular pack	0.00
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	0.00
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	0.00
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	0.00
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	0.00
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	0.00
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	0.00
11182	Corn, yellow, whole kernel, frozen, microwaved	0.00
11184	Corn with red and green peppers, canned, solids and liquids	0.00
11190	Cornsalad, raw	0.00
11191	Cowpeas (blackeyes), immature seeds, raw	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	0.00
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	0.00
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	0.00
11197	Cowpeas, young pods with seeds, raw	0.00
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	0.00
11199	Yardlong bean, raw	0.00
11200	Yardlong bean, cooked, boiled, drained, without salt	0.00
11201	Cowpeas, leafy tips, raw	0.00
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	0.00
11203	Cress, garden, raw	0.00
11204	Cress, garden, cooked, boiled, drained, without salt	0.00
11205	Cucumber, with peel, raw	0.00
11206	Cucumber, peeled, raw	0.00
11207	Dandelion greens, raw	0.00
11208	Dandelion greens, cooked, boiled, drained, without salt	0.00
11209	Eggplant, raw	0.00
11210	Eggplant, cooked, boiled, drained, without salt	0.00
11212	Edamame, frozen, prepared	0.00
11213	Endive, raw	0.00
11214	Escarole, cooked, boiled, drained, no salt added	0.00
11215	Garlic, raw	0.00
11216	Ginger root, raw	0.00
11218	Gourd, white-flowered (calabash), raw	0.00
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	0.00
11220	Gourd, dishcloth (towelgourd), raw	0.00
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	0.00
11222	Drumstick leaves, raw	0.00
11223	Drumstick leaves, cooked, boiled, drained, without salt	0.00
11224	Hyacinth-beans, immature seeds, raw	0.00
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	0.00
11226	Jerusalem-artichokes, raw	0.00
11228	Jew's ear, (pepeao), raw	0.00
11230	Pepeao, dried	0.00
11231	Jute, potherb, raw	0.00
11232	Jute, potherb, cooked, boiled, drained, without salt	0.00
11233	Kale, raw	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11234	Kale, cooked, boiled, drained, without salt	0.00
11235	Kale, frozen, unprepared	0.00
11236	Kale, frozen, cooked, boiled, drained, without salt	0.00
11237	Kanpyo, (dried gourd strips)	0.00
11241	Kohlrabi, raw	0.00
11242	Kohlrabi, cooked, boiled, drained, without salt	0.00
11243	Mushrooms, portabella, grilled	0.00
11245	Lambsquarters, cooked, boiled, drained, without salt	0.00
11246	Leeks, (bulb and lower leaf-portion), raw	0.00
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	0.00
11248	Lentils, sprouted, raw	0.00
11250	Lettuce, butterhead (includes boston and bibb types), raw	0.00
11251	Lettuce, cos or romaine, raw	0.00
11252	Lettuce, iceberg (includes crisphead types), raw	0.00
11253	Lettuce, green leaf, raw	0.00
11254	Lotus root, raw	0.00
11255	Lotus root, cooked, boiled, drained, without salt	0.00
11257	Lettuce, red leaf, raw	0.00
11258	Mountain yam, hawaii, raw	0.00
11259	Mountain yam, hawaii, cooked, steamed, without salt	0.00
11260	Mushrooms, white, raw	0.00
11261	Mushrooms, white, cooked, boiled, drained, without salt	0.00
11263	Mushrooms, white, stir-fried	0.00
11264	Mushrooms, canned, drained solids	0.00
11265	Mushrooms, portabella, raw	0.00
11266	Mushrooms, brown, italian, or crimini, raw	0.00
11267	Mushrooms, shiitake, stir-fried	0.00
11268	Mushrooms, shiitake, dried	0.00
11269	Mushrooms, shiitake, cooked, without salt	0.00
11270	Mustard greens, raw	0.00
11271	Mustard greens, cooked, boiled, drained, without salt	0.00
11272	Mustard greens, frozen, unprepared	0.00
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	0.00
11274	Mustard spinach, (tendergreen), raw	0.00
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	0.00
11276	New Zealand spinach, raw	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11277	New Zealand spinach, cooked, boiled, drained, without salt	0.00
11278	Okra, raw	0.00
11279	Okra, cooked, boiled, drained, without salt	0.00
11280	Okra, frozen, unprepared	0.00
11281	Okra, frozen, cooked, boiled, drained, without salt	0.00
11282	Onions, raw	0.00
11283	Onions, cooked, boiled, drained, without salt	0.00
11284	Onions, dehydrated flakes	0.00
11285	Onions, canned, solids and liquids	0.00
11287	Onions, frozen, chopped, unprepared	0.00
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	0.00
11289	Onions, frozen, whole, unprepared	0.00
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	0.00
11291	Onions, spring or scallions (includes tops and bulb), raw	0.00
11292	Onions, young green, tops only	0.00
11294	Onions, sweet, raw	0.00
11295	Onion rings, breaded, par fried, frozen, unprepared	0.00
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	0.00
11297	Parsley, fresh	0.00
11298	Parsnips, raw	0.00
11299	Parsnips, cooked, boiled, drained, without salt	0.00
11300	Peas, edible-podded, raw	0.00
11301	Peas, edible-podded, boiled, drained, without salt	0.00
11302	Peas, edible-podded, frozen, unprepared	0.00
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	0.00
11304	Peas, green, raw	0.00
11305	Peas, green, cooked, boiled, drained, without salt	0.00
11306	Peas, green, canned, regular pack, solids and liquids	0.00
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	0.00
11310	Peas, green, canned, seasoned, solids and liquids	0.00
11311	Peas, green, canned, drained solids, rinsed in tap water	0.00
11312	Peas, green, frozen, unprepared	0.00
11313	Peas, green, frozen, cooked, boiled, drained, without salt	0.00
11316	Peas, mature seeds, sprouted, raw	0.00
11318	Peas and carrots, canned, regular pack, solids and liquids	0.00
11322	Peas and carrots, frozen, unprepared	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	0.00
11324	Peas and onions, canned, solids and liquids	0.00
11326	Peas and onions, frozen, unprepared	0.00
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	0.00
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	0.00
11333	Peppers, sweet, green, raw	0.00
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	0.00
11335	Peppers, sweet, green, canned, solids and liquids	0.00
11337	Peppers, sweet, green, frozen, chopped, unprepared	0.00
11339	Peppers, sweet, green, sauteed	0.00
11344	Pigeonpeas, immature seeds, raw	0.00
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	0.00
11349	Poi	0.00
11350	Pokeberry shoots, (poke), raw	0.00
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	0.00
11352	Potatoes, flesh and skin, raw	0.00
11353	Potatoes, russet, flesh and skin, raw	0.00
11354	Potatoes, white, flesh and skin, raw	0.00
11355	Potatoes, red, flesh and skin, raw	0.00
11356	Potatoes, Russet, flesh and skin, baked	0.00
11357	Potatoes, white, flesh and skin, baked	0.00
11358	Potatoes, red, flesh and skin, baked	0.00
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	0.00
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	0.00
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	0.00
11362	Potatoes, raw, skin	0.00
11363	Potatoes, baked, flesh, without salt	0.00
11364	Potatoes, baked, skin, without salt	0.00
11365	Potatoes, boiled, cooked in skin, flesh, without salt	0.00
11366	Potatoes, boiled, cooked in skin, skin, without salt	0.00
11367	Potatoes, boiled, cooked without skin, flesh, without salt	0.00
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	0.00
11369	Potatoes, microwaved, cooked in skin, skin, without salt	0.00
11370	Potatoes, hash brown, home-prepared	0.00
11374	Potatoes, canned, solids and liquids	0.00
11376	Potatoes, canned, drained solids	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	0.00
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	0.00
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	0.00
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	0.00
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	0.00
11398	Potato puffs, frozen, unprepared	0.00
11399	Potato puffs, frozen, oven-heated	0.00
11400	Potatoes, frozen, whole, unprepared	0.00
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	0.00
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	0.00
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	0.00
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	0.00
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	0.00
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	0.00
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	0.00
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	0.00
11413	Potato flour	0.00
11416	Pumpkin flowers, raw	0.00
11417	Pumpkin flowers, cooked, boiled, drained, without salt	0.00
11418	Pumpkin leaves, raw	0.00
11419	Pumpkin leaves, cooked, boiled, drained, without salt	0.00
11422	Pumpkin, raw	0.00
11423	Pumpkin, cooked, boiled, drained, without salt	0.00
11424	Pumpkin, canned, without salt	0.00
11426	Pumpkin pie mix, canned	0.00
11427	Purslane, raw	0.00
11428	Purslane, cooked, boiled, drained, without salt	0.00
11429	Radishes, raw	0.00
11430	Radishes, oriental, raw	0.00
11431	Radishes, oriental, cooked, boiled, drained, without salt	0.00
11432	Radishes, oriental, dried	0.00
11435	Rutabagas, raw	0.00
11436	Rutabagas, cooked, boiled, drained, without salt	0.00
11437	Salsify, (vegetable oyster), raw	0.00
11438	Salsify, cooked, boiled, drained, without salt	0.00
11439	Sauerkraut, canned, solids and liquids	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11442	Seaweed, agar, raw	0.00
11444	Seaweed, irishmoss, raw	0.00
11445	Seaweed, kelp, raw	0.00
11446	Seaweed, laver, raw	0.00
11447	Sesbania flower, raw	0.00
11448	Sesbania flower, cooked, steamed, without salt	0.00
11450	Soybeans, green, raw	0.00
11451	Soybeans, green, cooked, boiled, drained, without salt	0.00
11452	Soybeans, mature seeds, sprouted, raw	0.00
11453	Soybeans, mature seeds, sprouted, cooked, steamed	0.00
11457	Spinach, raw	0.00
11458	Spinach, cooked, boiled, drained, without salt	0.00
11459	Spinach, canned, regular pack, solids and liquids	0.00
11461	Spinach, canned, regular pack, drained solids	0.00
11463	Spinach, frozen, chopped or leaf, unprepared	0.00
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	0.00
11467	Squash, summer, crookneck and straightneck, raw	0.00
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	0.00
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	0.00
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	0.00
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	0.00
11475	Squash, summer, scallop, raw	0.00
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	0.00
11477	Squash, summer, zucchini, includes skin, raw	0.00
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	0.00
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	0.00
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	0.00
11481	Squash, summer, zucchini, italian style, canned	0.00
11482	Squash, winter, acorn, raw	0.00
11483	Squash, winter, acorn, cooked, baked, without salt	0.00
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	0.00
11485	Squash, winter, butternut, raw	0.00
11486	Squash, winter, butternut, cooked, baked, without salt	0.00
11487	Squash, winter, butternut, frozen, unprepared	0.00
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	0.00
11489	Squash, winter, hubbard, raw	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11490	Squash, winter, hubbard, baked, without salt	0.00
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	0.00
11492	Squash, winter, spaghetti, raw	0.00
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0.00
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	0.00
11497	Succotash, (corn and limas), canned, with cream style corn	0.00
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	0.00
11501	Succotash, (corn and limas), frozen, unprepared	0.00
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	0.00
11503	Swamp cabbage, (skunk cabbage), raw	0.00
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	0.00
11505	Sweet potato leaves, raw	0.00
11506	Sweet potato leaves, cooked, steamed, without salt	0.00
11507	Sweet potato, raw, unprepared	0.00
11508	Sweet potato, cooked, baked in skin, flesh, without salt	0.00
11510	Sweet potato, cooked, boiled, without skin	0.00
11512	Sweet potato, canned, vacuum pack	0.00
11514	Sweet potato, canned, mashed	0.00
11516	Sweet potato, frozen, unprepared	0.00
11517	Sweet potato, frozen, cooked, baked, without salt	0.00
11518	Taro, raw	0.00
11519	Taro, cooked, without salt	0.00
11520	Taro leaves, raw	0.00
11521	Taro leaves, cooked, steamed, without salt	0.00
11522	Taro shoots, raw	0.00
11523	Taro shoots, cooked, without salt	0.00
11525	Taro, tahitian, raw	0.00
11526	Taro, tahitian, cooked, without salt	0.00
11527	Tomatoes, green, raw	0.00
11529	Tomatoes, red, ripe, raw, year round average	0.00
11530	Tomatoes, red, ripe, cooked	0.00
11531	Tomatoes, red, ripe, canned, packed in tomato juice	0.00
11533	Tomatoes, red, ripe, canned, stewed	0.00
11537	Tomatoes, red, ripe, canned, with green chilies	0.00
11540	Tomato juice, canned, with salt added	0.00
11546	Tomato products, canned, paste, without salt added	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11547	Tomato products, canned, puree, without salt added	0.00
11549	Tomato products, canned, sauce	0.00
11551	Tomato products, canned, sauce, with mushrooms	0.00
11553	Tomato products, canned, sauce, with onions	0.00
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	0.00
11559	Tomato products, canned, sauce, with tomato tidbits	0.00
11563	Tree fern, cooked, without salt	0.00
11564	Turnips, raw	0.00
11565	Turnips, cooked, boiled, drained, without salt	0.00
11566	Turnips, frozen, unprepared	0.00
11567	Turnips, frozen, cooked, boiled, drained, without salt	0.00
11568	Turnip greens, raw	0.00
11569	Turnip greens, cooked, boiled, drained, without salt	0.00
11570	Turnip greens, canned, solids and liquids	0.00
11574	Turnip greens, frozen, unprepared	0.00
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	0.00
11576	Turnip greens and turnips, frozen, unprepared	0.00
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	0.00
11578	Vegetable juice cocktail, canned	0.00
11579	Vegetables, mixed, canned, solids and liquids	0.00
11581	Vegetables, mixed, canned, drained solids	0.00
11583	Vegetables, mixed, frozen, unprepared	0.00
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	0.00
11585	Vegetable juice cocktail, low sodium, canned	0.00
11588	Waterchestnuts, chinese, (matai), raw	0.00
11590	Waterchestnuts, chinese, canned, solids and liquids	0.00
11591	Watercress, raw	0.00
11593	Waxgourd, (chinese preserving melon), raw	0.00
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	0.00
11595	Winged beans, immature seeds, raw	0.00
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	0.00
11601	Yam, raw	0.00
11602	Yam, cooked, boiled, drained, or baked, without salt	0.00
11603	Yambean (jicama), raw	0.00
11605	Beets, harvard, canned, solids and liquids	0.00
11609	Beets, pickled, canned, solids and liquids	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11613	Borage, raw	0.00
11615	Chives, freeze-dried	0.00
11616	Dock, raw	0.00
11618	Eppaw, raw	0.00
11620	Drumstick pods, raw	0.00
11621	Drumstick pods, cooked, boiled, drained, without salt	0.00
11622	Kale, scotch, raw	0.00
11623	Kale, scotch, cooked, boiled, drained, without salt	0.00
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.00
11625	Parsley, freeze-dried	0.00
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	0.00
11632	Peppers, jalapeno, canned, solids and liquids	0.00
11634	Peppers, sweet, green, freeze-dried	0.00
11637	Radishes, white icicle, raw	0.00
11640	Shallots, freeze-dried	0.00
11641	Squash, summer, all varieties, raw	0.00
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	0.00
11643	Squash, winter, all varieties, raw	0.00
11644	Squash, winter, all varieties, cooked, baked, without salt	0.00
11645	Sweet potato, canned, syrup pack, solids and liquids	0.00
11647	Sweet potato, canned, syrup pack, drained solids	0.00
11649	Tomato products, canned, sauce, spanish style	0.00
11655	Carrot juice, canned	0.00
11660	Tomatoes, red, ripe, cooked, stewed	0.00
11667	Seaweed, spirulina, dried	0.00
11669	Seaweed, wakame, raw	0.00
11670	Peppers, hot chili, green, raw	0.00
11674	Potatoes, baked, flesh and skin, without salt	0.00
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	0.00
11676	Radish seeds, sprouted, raw	0.00
11677	Shallots, raw	0.00
11683	Carrot, dehydrated	0.00
11693	Tomatoes, crushed, canned	0.00
11695	Tomatoes, orange, raw	0.00
11696	Tomatoes, yellow, raw	0.00
11697	Arrowroot, raw	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11698	Chrysanthemum leaves, raw	0.00
11700	Amaranth leaves, cooked, boiled, drained, with salt	0.00
11701	Arrowhead, cooked, boiled, drained, with salt	0.00
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	0.00
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	0.00
11705	Asparagus, cooked, boiled, drained, with salt	0.00
11707	Asparagus, canned, no salt added, solids and liquids	0.00
11709	Asparagus, frozen, cooked, boiled, drained, with salt	0.00
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	0.00
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	0.00
11712	Bamboo shoots, cooked, boiled, drained, with salt	0.00
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	0.00
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	0.00
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	0.00
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	0.00
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	0.00
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	0.00
11722	Beans, snap, yellow, raw	0.00
11723	Beans, snap, green, cooked, boiled, drained, with salt	0.00
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	0.00
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	0.00
11726	Beans, snap, green, canned, no salt added, solids and liquids	0.00
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	0.00
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	0.00
11729	Beans, snap, green, canned, no salt added, drained solids	0.00
11730	Beans, snap, yellow, frozen, all styles, unprepared	0.00
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	0.00
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	0.00
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	0.00
11734	Beets, cooked, boiled. drained, with salt	0.00
11735	Beets, canned, no salt added, solids and liquids	0.00
11736	Beet greens, cooked, boiled, drained, with salt	0.00
11740	Broccoli, flower clusters, raw	0.00
11741	Broccoli, stalks, raw	0.00
11742	Broccoli, cooked, boiled, drained, with salt	0.00
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	0.00
11745	Brussels sprouts, cooked, boiled, drained, with salt	0.00
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	0.00
11747	Burdock root, cooked, boiled, drained, with salt	0.00
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	0.00
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	0.00
11751	Cabbage, common, cooked, boiled, drained, with salt	0.00
11752	Cabbage, red, cooked, boiled, drained, with salt	0.00
11753	Cabbage, savoy, cooked, boiled, drained, with salt	0.00
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	0.00
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	0.00
11757	Carrots, cooked, boiled, drained, with salt	0.00
11758	Carrots, canned, no salt added, solids and liquids	0.00
11759	Carrots, canned, no salt added, drained solids	0.00
11760	Carrots, frozen, cooked, boiled, drained, with salt	0.00
11761	Cauliflower, cooked, boiled, drained, with salt	0.00
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	0.00
11763	Celeriac, cooked, boiled, drained, with salt	0.00
11764	Celery, cooked, boiled, drained, with salt	0.00
11765	Chard, swiss, cooked, boiled, drained, with salt	0.00
11766	Chayote, fruit, cooked, boiled, drained, with salt	0.00
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	0.00
11768	Collards, cooked, boiled, drained, with salt	0.00
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	0.00
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	0.00
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	0.00
11772	Corn, sweet, yellow, canned, cream style, no salt added	0.00
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	0.00
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	0.00
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	0.00
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	0.00
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	0.00
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	0.00
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	0.00
11781	Cress, garden, cooked, boiled, drained, with salt	0.00
11782	Dandelion greens, cooked, boiled, drained, with salt	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11783	Eggplant, cooked, boiled, drained, with salt	0.00
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	0.00
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	0.00
11786	Drumstick leaves, cooked, boiled, drained, with salt	0.00
11787	Drumstick pods, cooked, boiled, drained, with salt	0.00
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	0.00
11789	Jute, potherb, cooked, boiled, drained, with salt	0.00
11790	Kale, cooked, boiled, drained, with salt	0.00
11791	Kale, frozen, cooked, boiled, drained, with salt	0.00
11792	Kale, scotch, cooked, boiled, drained, with salt	0.00
11793	Kohlrabi, cooked, boiled, drained, with salt	0.00
11794	Lambsquarters, cooked, boiled, drained, with salt	0.00
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	0.00
11796	Lotus root, cooked, boiled, drained, with salt	0.00
11797	Mushrooms, white, cooked, boiled, drained, with salt	0.00
11798	Mushrooms, shiitake, cooked, with salt	0.00
11799	Mustard greens, cooked, boiled, drained, with salt	0.00
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	0.00
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	0.00
11802	New zealand spinach, cooked, boiled, drained, with salt	0.00
11803	Okra, cooked, boiled, drained, with salt	0.00
11804	Okra, frozen, cooked, boiled, drained, with salt	0.00
11805	Onions, cooked, boiled, drained, with salt	0.00
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	0.00
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	0.00
11808	Parsnips, cooked, boiled, drained, with salt	0.00
11809	Peas, edible-podded, cooked, boiled, drained, with salt	0.00
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	0.00
11811	Peas, green, cooked, boiled, drained, with salt	0.00
11812	Peas, green, canned, no salt added, solids and liquids	0.00
11813	Peas, green, canned, no salt added, drained solids	0.00
11814	Peas, green, frozen, cooked, boiled, drained, with salt	0.00
11816	Peas and carrots, canned, no salt added, solids and liquids	0.00
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	0.00
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	0.00
11819	Peppers, hot chili, red, raw	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	0.00
11821	Peppers, sweet, red, raw	0.00
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	0.00
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	0.00
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	0.00
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	0.00
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	0.00
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	0.00
11828	Potatoes, baked, flesh and skin, with salt	0.00
11829	Potatoes, baked, flesh, with salt	0.00
11830	Potatoes, baked, skin only, with salt	0.00
11831	Potatoes, boiled, cooked in skin, flesh, with salt	0.00
11832	Potatoes, boiled, cooked in skin, skin, with salt	0.00
11833	Potatoes, boiled, cooked without skin, flesh, with salt	0.00
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	0.00
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	0.00
11836	Potatoes, microwaved, cooked, in skin, skin with salt	0.00
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	0.00
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	0.00
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	0.00
11845	Pumpkin, cooked, boiled, drained, with salt	0.00
11846	Pumpkin, canned, with salt	0.00
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	0.00
11848	Pumpkin leaves, cooked, boiled, drained, with salt	0.00
11849	Purslane, cooked, boiled, drained, with salt	0.00
11850	Radishes, oriental, cooked, boiled, drained, with salt	0.00
11851	Rutabagas, cooked, boiled, drained, with salt	0.00
11852	Salsify, cooked, boiled, drained, with salt	0.00
11853	Soybeans, green, cooked, boiled, drained, with salt	0.00
11854	Spinach, cooked, boiled, drained, with salt	0.00
11855	Spinach, canned, no salt added, solids and liquids	0.00
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	0.00
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	0.00
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	0.00
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	0.00
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	0.00
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	0.00
11863	Squash, winter, all varieties, cooked, baked, with salt	0.00
11864	Squash, winter, acorn, cooked, baked, with salt	0.00
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	0.00
11866	Squash, winter, butternut, cooked, baked, with salt	0.00
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	0.00
11868	Squash, winter, hubbard, baked, with salt	0.00
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	0.00
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	0.00
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	0.00
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	0.00
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	0.00
11874	Sweet potato leaves, cooked, steamed, with salt	0.00
11875	Sweet potato, cooked, baked in skin, flesh, with salt	0.00
11876	Sweet potato, cooked, boiled, without skin, with salt	0.00
11877	Sweet potato, frozen, cooked, baked, with salt	0.00
11878	Taro, cooked, with salt	0.00
11879	Taro, leaves, cooked, steamed, with salt	0.00
11880	Taro, shoots, cooked, with salt	0.00
11881	Taro, tahitian, cooked, with salt	0.00
11884	Tomatoes, red, ripe, cooked, with salt	0.00
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	0.00
11886	Tomato juice, canned, without salt added	0.00
11888	Tomato products, canned, puree, with salt added	0.00
11889	Turnips, cooked, boiled, drained, with salt	0.00
11890	Turnips, frozen, cooked, boiled, drained, with salt	0.00
11891	Turnip greens, cooked, boiled, drained, with salt	0.00
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	0.00
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	0.00
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	0.00
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	0.00
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	0.00
11897	Yam, cooked, boiled, drained, or baked, with salt	0.00
11899	Yardlong bean, cooked, boiled, drained, with salt	0.00
11900	Corn, sweet, white, raw	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11901	Corn, sweet, white, cooked, boiled, drained, without salt	0.00
11902	Corn, sweet, white, cooked, boiled, drained, with salt	0.00
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	0.00
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	0.00
11905	Corn, sweet, white, canned, whole kernel, drained solids	0.00
11906	Corn, sweet, white, canned, cream style, regular pack	0.00
11907	Corn, sweet, white, canned, cream style, no salt added	0.00
11908	Corn, sweet, white, canned, vacuum pack, regular pack	0.00
11909	Corn, sweet, white, canned, vacuum pack, no salt added	0.00
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	0.00
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	0.00
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	0.00
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	0.00
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	0.00
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	0.00
11916	Peppers, sweet, red, canned, solids and liquids	0.00
11917	Peppers, sweet, red, frozen, chopped, unprepared	0.00
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	0.00
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	0.00
11921	Peppers, sweet, red, sauteed	0.00
11922	Sesbania flower, cooked, steamed, with salt	0.00
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	0.00
11927	Mountain yam, hawaii, cooked, steamed, with salt	0.00
11928	Tree fern, cooked, with salt	0.00
11931	Peppers, sweet, red, freeze-dried	0.00
11932	Beans, snap, yellow, canned, regular pack, drained solids	0.00
11933	Beans, snap, yellow, canned, no salt added, drained solids	0.00
11935	Catsup	0.00
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	0.00
11937	Pickles, cucumber, dill or kosher dill	0.00
11938	Mushroom, white, exposed to ultraviolet light, raw	0.00
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	0.00
11941	Pickles, cucumber, sour	0.00
11943	Pimento, canned	0.00
11944	Pickle relish, hot dog	0.00
11945	Pickle relish, sweet	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11946	Pickles, cucumber, sour, low sodium	0.00
11947	Pickles, cucumber, dill, reduced sodium	0.00
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	0.00
11949	Catsup, low sodium	0.00
11950	Mushrooms, enoki, raw	0.00
11951	Peppers, sweet, yellow, raw	0.00
11952	Radicchio, raw	0.00
11953	Squash, zucchini, baby, raw	0.00
11954	Tomatillos, raw	0.00
11955	Tomatoes, sun-dried	0.00
11956	Tomatoes, sun-dried, packed in oil, drained	0.00
11957	Fennel, bulb, raw	0.00
11958	Pickle relish, hamburger	0.00
11959	Arugula, raw	0.00
11960	Carrots, baby, raw	0.00
11961	Hearts of palm, canned	0.00
11962	Peppers, hot chile, sun-dried	0.00
11963	Nopales, raw	0.00
11964	Nopales, cooked, without salt	0.00
11965	Cauliflower, green, raw	0.00
11967	Cauliflower, green, cooked, no salt added	0.00
11968	Cauliflower, green, cooked, with salt	0.00
11969	Broccoli, chinese, cooked	0.00
11970	Cabbage, napa, cooked	0.00
11972	Lemon grass (citronella), raw	0.00
11973	Beans, fava, in pod, raw	0.00
11974	Grape leaves, raw	0.00
11975	Grape leaves, canned	0.00
11976	Pepper, banana, raw	0.00
11977	Peppers, serrano, raw	0.00
11978	Peppers, ancho, dried	0.00
11979	Peppers, jalapeno, raw	0.00
11980	Peppers, chili, green, canned	0.00
11981	Peppers, hungarian, raw	0.00
11982	Peppers, pasilla, dried	0.00
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	0.00

NDB_No	Description	Cholesterol(mg) Value Per
11984	Epazote, raw	0.00
11985	Fireweed, leaves, raw	0.00
11986	Malabar spinach, cooked	0.00
11987	Mushrooms, oyster, raw	0.00
11988	Fungi, Cloud ears, dried	0.00
11989	Mushrooms, straw, canned, drained solids	0.00
11990	Wasabi, root, raw	0.00
11991	Yautia (tannier), raw	0.00
11993	Mushrooms, maitake, raw	0.00
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	0.00
12001	Seeds, breadfruit seeds, raw	0.00
12003	Seeds, breadfruit seeds, boiled	0.00
12004	Seeds, breadnut tree seeds, raw	0.00
12005	Seeds, breadnut tree seeds, dried	0.00
12006	Seeds, chia seeds, dried	0.00
12007	Seeds, cottonseed flour, partially defatted (glandless)	0.00
12008	Seeds, cottonseed flour, low fat (glandless)	0.00
12011	Seeds, cottonseed meal, partially defatted (glandless)	0.00
12012	Seeds, hemp seed, hulled	0.00
12013	Seeds, lotus seeds, dried	0.00
12014	Seeds, pumpkin and squash seed kernels, dried	0.00
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	0.00
12021	Seeds, safflower seed kernels, dried	0.00
12022	Seeds, safflower seed meal, partially defatted	0.00
12023	Seeds, sesame seeds, whole, dried	0.00
12024	Seeds, sesame seeds, whole, roasted and toasted	0.00
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	0.00
12032	Seeds, sesame flour, partially defatted	0.00
12033	Seeds, sesame flour, low-fat	0.00
12034	Seeds, sesame meal, partially defatted	0.00
12036	Seeds, sunflower seed kernels, dried	0.00
12037	Seeds, sunflower seed kernels, dry roasted, without salt	0.00
12038	Seeds, sunflower seed kernels, oil roasted, without salt	0.00
12039	Seeds, sunflower seed kernels, toasted, without salt	0.00
12040	Seeds, sunflower seed butter, without salt	0.00
12041	Seeds, sunflower seed flour, partially defatted	0.00

NDB_No	Description	Cholesterol(mg) Value Per
12058	Nuts, acorns, raw	0.00
12059	Nuts, acorns, dried	0.00
12060	Nuts, acorn flour, full fat	0.00
12061	Nuts, almonds	0.00
12062	Nuts, almonds, blanched	0.00
12063	Nuts, almonds, dry roasted, without salt added	0.00
12065	Nuts, almonds, oil roasted, without salt added	0.00
12071	Nuts, almond paste	0.00
12077	Nuts, beechnuts, dried	0.00
12078	Nuts, brazilnuts, dried, unblanched	0.00
12084	Nuts, butternuts, dried	0.00
12085	Nuts, cashew nuts, dry roasted, without salt added	0.00
12086	Nuts, cashew nuts, oil roasted, without salt added	0.00
12087	Nuts, cashew nuts, raw	0.00
12088	Nuts, cashew butter, plain, without salt added	0.00
12093	Nuts, chestnuts, chinese, raw	0.00
12094	Nuts, chestnuts, chinese, dried	0.00
12095	Nuts, chestnuts, chinese, boiled and steamed	0.00
12096	Nuts, chestnuts, chinese, roasted	0.00
12097	Nuts, chestnuts, european, raw, unpeeled	0.00
12098	Nuts, chestnuts, european, raw, peeled	0.00
12099	Nuts, chestnuts, european, dried, unpeeled	0.00
12100	Nuts, chestnuts, european, dried, peeled	0.00
12101	Nuts, chestnuts, european, boiled and steamed	0.00
12104	Nuts, coconut meat, raw	0.00
12108	Nuts, coconut meat, dried (desiccated), not sweetened	0.00
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	0.00
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	0.00
12114	Nuts, coconut meat, dried (desiccated), toasted	0.00
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	0.00
12116	Nuts, coconut cream, canned, sweetened	0.00
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	0.00
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	0.00
12119	Nuts, coconut water (liquid from coconuts)	0.00
12120	Nuts, hazelnuts or filberts	0.00
12121	Nuts, hazelnuts or filberts, blanched	0.00

NDB_No	Description	Cholesterol(mg) Value Per
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	0.00
12127	Nuts, ginkgo nuts, raw	0.00
12128	Nuts, ginkgo nuts, dried	0.00
12129	Nuts, ginkgo nuts, canned	0.00
12130	Nuts, hickorynuts, dried	0.00
12131	Nuts, macadamia nuts, raw	0.00
12132	Nuts, macadamia nuts, dry roasted, without salt added	0.00
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	0.00
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	0.00
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	0.00
12140	Nuts, formulated, wheat-based, unflavored, with salt added	0.00
12142	Nuts, pecans	0.00
12143	Nuts, pecans, dry roasted, without salt added	0.00
12144	Nuts, pecans, oil roasted, without salt added	0.00
12145	Nuts, pilinuts, dried	0.00
12147	Nuts, pine nuts, dried	0.00
12149	Nuts, pine nuts, pinyon, dried	0.00
12151	Nuts, pistachio nuts, raw	0.00
12152	Nuts, pistachio nuts, dry roasted, without salt added	0.00
12154	Nuts, walnuts, black, dried	0.00
12155	Nuts, walnuts, english	0.00
12156	Nuts, walnuts, glazed	0.00
12157	Nuts, walnuts, dry roasted, with salt added	0.00
12158	Seeds, breadfruit seeds, roasted	0.00
12160	Seeds, cottonseed kernels, roasted (glandless)	0.00
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	0.00
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	0.00
12167	Nuts, chestnuts, european, roasted	0.00
12169	Seeds, sesame butter, paste	0.00
12170	Seeds, sesame flour, high-fat	0.00
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	0.00
12174	Seeds, watermelon seed kernels, dried	0.00
12175	Nuts, chestnuts, japanese, dried	0.00
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	0.00
12177	Nuts, coconut meat, dried (desiccated), creamed	0.00
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	0.00

NDB_No	Description	Cholesterol(mg) Value Per
12193	Seeds, sisymbrium sp. seeds, whole, dried	0.00
12195	Nuts, almond butter, plain, without salt added	0.00
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	0.00
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	0.00
12201	Seeds, sesame seed kernels, dried (decorticated)	0.00
12202	Nuts, chestnuts, japanese, raw	0.00
12203	Nuts, chestnuts, japanese, boiled and steamed	0.00
12204	Nuts, chestnuts, japanese, roasted	0.00
12205	Seeds, lotus seeds, raw	0.00
12206	Nuts, almonds, honey roasted, unblanched	0.00
12220	Seeds, flaxseed	0.00
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	0.00
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	0.00
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	0.00
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	0.00
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	0.00
12539	Seeds, sunflower seed kernels, toasted, with salt added	0.00
12540	Seeds, sunflower seed butter, with salt added	0.00
12563	Nuts, almonds, dry roasted, with salt added	0.00
12565	Nuts, almonds, oil roasted, with salt added	0.00
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	0.00
12585	Nuts, cashew nuts, dry roasted, with salt added	0.00
12586	Nuts, cashew nuts, oil roasted, with salt added	0.00
12588	Nuts, cashew butter, plain, with salt added	0.00
12632	Nuts, macadamia nuts, dry roasted, with salt added	0.00
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	0.00
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	0.00
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	0.00
12643	Nuts, pecans, dry roasted, with salt added	0.00
12644	Nuts, pecans, oil roasted, with salt added	0.00
12652	Nuts, pistachio nuts, dry roasted, with salt added	0.00
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	0.00
12665	Nuts, almonds, oil roasted, lightly salted	0.00
12695	Nuts, almond butter, plain, with salt added	0.00
12698	Seeds, sesame butter, tahini, type of kernels unspecified	0.00
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	0.00

NDB_No	Description	Cholesterol(mg) Value Per
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	0.00
14003	Alcoholic beverage, beer, regular, all	0.00
14004	Alcoholic beverage, beer, regular, BUDWEISER	0.00
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	0.00
14006	Alcoholic beverage, beer, light	0.00
14007	Alcoholic beverage, beer, light, BUD LIGHT	0.00
14009	Alcoholic beverage, daiquiri, canned	0.00
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	0.00
14013	Alcoholic beverage, beer, light, low carb	0.00
14015	Alcoholic beverage, pina colada, canned	0.00
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	0.00
14017	Alcoholic beverage, pina colada, prepared-from-recipe	0.00
14019	Alcoholic beverage, tequila sunrise, canned	0.00
14021	Beverages, Energy drink, Citrus	0.00
14022	Beverages, MONSTER energy drink, low carb	0.00
14024	Beverages, Whiskey sour mix, powder	0.00
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	0.00
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	0.00
14027	Alcoholic beverage, whiskey sour, canned	0.00
14028	Beverages, Whiskey sour mix, bottled	0.00
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	0.00
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	0.00
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	0.00
14034	Alcoholic beverage, creme de menthe, 72 proof	0.00
14035	Beverages, ABBOTT, EAS soy protein powder	0.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0.00
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	0.00
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	0.00
14049	Alcoholic beverage, distilled, gin, 90 proof	0.00
14050	Alcoholic beverage, distilled, rum, 80 proof	0.00
14051	Alcoholic beverage, distilled, vodka, 80 proof	0.00
14052	Alcoholic beverage, distilled, whiskey, 86 proof	0.00
14054	Beverages, almond milk, chocolate, ready-to-drink	0.00
14056	Beverages, Acai berry drink, fortified	0.00
14057	Alcoholic beverage, wine, dessert, sweet	0.00
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	0.00

NDB_No	Description	Cholesterol(mg) Value Per
14061	Beverages, Energy Drink, sugar free	0.00
14063	Beverages, chocolate powder, no sugar added	0.00
14064	Beverages, Orange juice, light, No pulp	0.00
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	0.00
14067	Beverages, Protein powder soy based	0.00
14073	Beverages, ZEVIA, cola	0.00
14074	Beverages, ZEVIA, cola, caffeine free	0.00
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water,	0.00
14076	Beverages, ICELANDIC, Glacial Natural spring water	0.00
14079	Beverages, yellow green colored citrus soft drink with caffeine	0.00
14080	Beverages, rich chocolate, powder	0.00
14084	Alcoholic beverage, wine, table, all	0.00
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	0.00
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	0.00
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	0.00
14090	Beverages, Coconut water, ready-to-drink, unsweetened	0.00
14091	Beverages, almond milk, unsweetened, shelf stable	0.00
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	0.00
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	0.00
14095	Beverages, MINUTE MAID, Lemonada, Limeade	0.00
14096	Alcoholic beverage, wine, table, red	0.00
14106	Alcoholic beverage, wine, table, white	0.00
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	0.00
14121	Beverages, carbonated, club soda	0.00
14130	Carbonated beverage, cream soda	0.00
14136	Beverages, carbonated, ginger ale	0.00
14142	Beverages, carbonated, grape soda	0.00
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	0.00
14144	Beverages, carbonated, lemon-lime soda, no caffeine	0.00
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	0.00
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0.00
14147	Beverages, carbonated, cola, without caffeine	0.00
14148	Beverages, carbonated, cola, regular	0.00
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	0.00
14150	Beverages, carbonated, orange	0.00
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	0.00

NDB_No	Description	Cholesterol(mg) Value Per
14153	Beverages, carbonated, pepper-type, contains caffeine	0.00
14154	Beverages, Energy drink, RED BULL	0.00
14155	Beverages, carbonated, tonic water	0.00
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	0.00
14157	Beverages, carbonated, root beer	0.00
14161	Beverages, Kiwi Strawberry Juice Drink	0.00
14162	Beverages, Apple juice drink, light, fortified with vitamin C	0.00
14165	Beverages, carbonated, limeade, high caffeine	0.00
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	0.00
14167	Beverages, POWERADE, Zero, Mixed Berry	0.00
14168	Beverages, Carob-flavor beverage mix, powder	0.00
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	0.00
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	0.00
14180	Beverages, coffee, brewed, breakfast blend	0.00
14181	Beverages, chocolate syrup	0.00
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	0.00
14187	Beverages, Clam and tomato juice, canned	0.00
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	0.00
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	0.00
14190	Beverages, tea, green, ready-to-drink, diet	0.00
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	0.00
14192	Beverages, Cocoa mix, powder	0.00
14194	Beverages, Cocoa mix, powder, prepared with water	0.00
14195	Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	0.00
14196	Beverages, Cocoa mix, no sugar added, powder	0.00
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	0.00
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	0.00
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	0.00
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	0.00
14203	Beverages, coffee, instant, regular, half the caffeine	0.00
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	0.00
14206	Beverages, tea, green, ready-to-drink, sweetened	0.00
14207	Beverages, tea, ready-to-drink, lemon, diet	0.00
14209	Beverages, coffee, brewed, prepared with tap water	0.00
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	0.00
14211	Beverages, tea, black, ready-to-drink, lemon, diet	0.00

NDB_No	Description	Cholesterol(mg) Value Per
14214	Beverages, coffee, instant, regular, powder	0.00
14215	Beverages, coffee, instant, regular, prepared with water	0.00
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	0.00
14218	Beverages, coffee, instant, decaffeinated, powder	0.00
14219	Beverages, coffee, instant, decaffeinated, prepared with water	0.00
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	0.00
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	0.00
14222	Beverages, coffee, instant, with chicory	0.00
14223	Beverages, coffee, instant, chicory	0.00
14224	Beverages, coffee, instant, mocha, sweetened	0.00
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	0.00
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	0.00
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	0.00
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	0.00
14234	Beverages, OCEAN SPRAY, Cran Lemonade	0.00
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	0.00
14236	Beverages, coffee substitute, cereal grain beverage, powder	0.00
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	0.00
14238	Beverages, cranberry-apple juice drink, bottled	0.00
14239	Alcoholic beverage, malt beer, hard lemonade	0.00
14240	Beverages, cranberry-apricot juice drink, bottled	0.00
14241	Beverages, cranberry-grape juice drink, bottled	0.00
14242	Cranberry juice cocktail, bottled	0.00
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	0.00
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	0.00
14247	Beverages, tea, black, ready to drink	0.00
14248	Alcoholic beverage, beer, light, higher alcohol	0.00
14250	Beverages, AMBER, hard cider	0.00
14251	Alcoholic beverages, beer, higher alcohol	0.00
14252	Beverages, Malt liquor beverage	0.00
14253	Alcoholic beverages, wine, rose	0.00
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	0.00
14256	Beverages, OCEAN SPRAY, Cran Cherry	0.00
14257	Beverages, OCEAN SPRAY, Light Cranberry	0.00
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	0.00
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	0.00

NDB_No	Description	Cholesterol(mg) Value Per
14260	Beverages, tea, green, brewed, decaffeinated	0.00
14261	Beverages, tea, green, ready to drink, unsweetened	0.00
14262	Beverages, citrus fruit juice drink, frozen concentrate	0.00
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	0.00
14264	Beverages, fruit punch drink, without added nutrients, canned	0.00
14267	Beverages, Fruit punch drink, with added nutrients, canned	0.00
14268	Beverages, Fruit punch drink, frozen concentrate	0.00
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	0.00
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	0.00
14276	Beverages, Tropical Punch, ready-to-drink	0.00
14277	Beverages, grape drink, canned	0.00
14278	Beverages, tea, green, brewed, regular	0.00
14279	Beverages, tea, black, ready-to-drink, peach, diet	0.00
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	0.00
14281	Beverages, tea, black, ready to drink, decaffeinated	0.00
14282	Beverages, grape juice drink, canned	0.00
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	0.00
14287	Beverages, Lemonade, powder	0.00
14288	Lemonade, powder, prepared with water	0.00
14292	Lemonade, frozen concentrate, white	0.00
14293	Lemonade, frozen concentrate, white, prepared with water	0.00
14296	Beverages, lemonade-flavor drink, powder	0.00
14297	Beverages, lemonade-flavor drink, powder, prepared with water	0.00
14303	Limeade, frozen concentrate, prepared with water	0.00
14305	Malt beverage, includes non-alcoholic beer	0.00
14309	Beverages, OVALTINE, Classic Malt powder	0.00
14315	Beverages, OVALTINE, chocolate malt powder	0.00
14323	Beverages, orange drink, canned, with added vitamin C	0.00
14327	Beverages, orange and apricot juice drink, canned	0.00
14334	Beverages, pineapple and grapefruit juice drink, canned	0.00
14341	Beverages, pineapple and orange juice drink, canned	0.00
14350	Strawberry-flavor beverage mix, powder	0.00
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	0.00
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.00
14355	Beverages, tea, black, brewed, prepared with tap water	0.00
14356	Beverages, tea, instant, decaffeinated, lemon, diet	0.00

NDB_No	Description	Cholesterol(mg) Value Per
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	0.00
14366	Beverages, tea, instant, unsweetened, powder	0.00
14367	Beverages, tea, instant, unsweetened, prepared with water	0.00
14368	Beverages, tea, instant, lemon, unsweetened	0.00
14370	Beverages, tea, instant, lemon, sweetened, powder	0.00
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	0.00
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	0.00
14376	Beverages, tea, instant, lemon, diet	0.00
14381	Beverages, tea, herb, other than chamomile, brewed	0.00
14384	Beverages, water, bottled, PERRIER	0.00
14385	Beverages, water, bottled, POLAND SPRING	0.00
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	0.00
14400	Beverages, carbonated, cola, fast-food cola	0.00
14405	Beverages, fruit punch juice drink, frozen concentrate	0.00
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	0.00
14407	Beverages, orange-flavor drink, breakfast type, powder	0.00
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	0.00
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	0.00
14411	Beverages, water, tap, drinking	0.00
14414	Alcoholic beverage, liqueur, coffee, 53 proof	0.00
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	0.00
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	0.00
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	0.00
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	0.00
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	0.00
14429	Beverages, water, tap, municipal	0.00
14430	Cranberry juice cocktail, frozen concentrate	0.00
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	0.00
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	0.00
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	0.00
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	0.00
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	0.00
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	0.00
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	0.00
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	0.00
14530	Whiskey sour mix, bottled, with added potassium and sodium	0.00

NDB_No	Description	Cholesterol(mg) Value Per
14531	Alcoholic beverage, whiskey sour	0.00
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	0.00
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	0.00
14534	Alcoholic beverage, liqueur, coffee, 63 proof	0.00
14536	Alcoholic beverage, wine, dessert, dry	0.00
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	0.00
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	0.00
14542	Lemonade, frozen concentrate, pink	0.00
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	0.00
14544	Beverages, tea, black, brewed, prepared with distilled water	0.00
14545	Beverages, tea, herb, brewed, chamomile	0.00
14548	Beverages, tea, instant, lemon, with added ascorbic acid	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	0.00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	0.00
14552	Carbonated beverage, chocolate-flavored soda	0.00
14553	Beverages, Wine, non-alcoholic	0.00
14555	Water, bottled, generic	0.00
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	0.00
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	0.00
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	0.00
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	0.00
14623	Beverages, V8 V- FUSION Juices, Acai Berry	0.00
14625	Beverages, Energy drink, AMP	0.00
14626	Beverages, Energy drink, FULL THROTTLE	0.00
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	0.00
14628	Beverages, Energy drink, AMP, sugar free	0.00
14629	Beverages, Energy drink, ROCKSTAR	0.00
14630	Beverages, Energy drink, ROCKSTAR, sugar free	0.00
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	0.00
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	0.00
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	0.00
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	0.00
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	0.00
14639	Beverages, rice milk, unsweetened	0.00
14640	Beverages, Energy drink, VAULT, citrus flavor	0.00
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	0.00

NDB_No	Description	Cholesterol(mg) Value Per
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	0.00
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	0.00
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	0.00
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	0.00
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	0.00
14649	Beverages, tea, hibiscus, brewed	0.00
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	0.00
14654	Beverages, nutritional shake mix, high protein, powder	0.00
16001	Beans, adzuki, mature seeds, raw	0.00
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	0.00
16003	Beans, adzuki, mature seeds, canned, sweetened	0.00
16004	Yokan, prepared from adzuki beans and sugar	0.00
16006	Beans, baked, canned, plain or vegetarian	0.00
16014	Beans, black, mature seeds, raw	0.00
16015	Beans, black, mature seeds, cooked, boiled, without salt	0.00
16016	Beans, black turtle, mature seeds, raw	0.00
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	0.00
16018	Beans, black turtle, mature seeds, canned	0.00
16019	Beans, cranberry (roman), mature seeds, raw	0.00
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	0.00
16021	Beans, cranberry (roman), mature seeds, canned	0.00
16022	Beans, french, mature seeds, raw	0.00
16023	Beans, french, mature seeds, cooked, boiled, without salt	0.00
16024	Beans, great northern, mature seeds, raw	0.00
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	0.00
16026	Beans, great northern, mature seeds, canned	0.00
16027	Beans, kidney, all types, mature seeds, raw	0.00
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0.00
16029	Beans, kidney, all types, mature seeds, canned	0.00
16030	Beans, kidney, california red, mature seeds, raw	0.00
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	0.00
16032	Beans, kidney, red, mature seeds, raw	0.00
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	0.00
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	0.00
16035	Beans, kidney, royal red, mature seeds, raw	0.00
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	0.00

NDB_No	Description	Cholesterol(mg) Value Per
16039	Beans, navy, mature seeds, canned	0.00
16040	Beans, pink, mature seeds, raw	0.00
16041	Beans, pink, mature seeds, cooked, boiled, without salt	0.00
16042	Beans, pinto, mature seeds, raw	0.00
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	0.00
16044	Beans, pinto, mature seeds, canned, solids and liquids	0.00
16045	Beans, small white, mature seeds, raw	0.00
16046	Beans, small white, mature seeds, cooked, boiled, without salt	0.00
16047	Beans, yellow, mature seeds, raw	0.00
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	0.00
16049	Beans, white, mature seeds, raw	0.00
16050	Beans, white, mature seeds, cooked, boiled, without salt	0.00
16051	Beans, white, mature seeds, canned	0.00
16052	Broadbeans (fava beans), mature seeds, raw	0.00
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	0.00
16054	Broadbeans (fava beans), mature seeds, canned	0.00
16055	Carob flour	0.00
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	0.00
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.00
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	0.00
16060	Cowpeas, catjang, mature seeds, raw	0.00
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	0.00
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	0.00
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	0.00
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	0.00
16067	Hyacinth beans, mature seeds, raw	0.00
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	0.00
16069	Lentils, raw	0.00
16070	Lentils, mature seeds, cooked, boiled, without salt	0.00
16071	Lima beans, large, mature seeds, raw	0.00
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	0.00
16073	Lima beans, large, mature seeds, canned	0.00
16074	Lima beans, thin seeded (baby), mature seeds, raw	0.00
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	0.00
16076	Lupins, mature seeds, raw	0.00
16077	Lupins, mature seeds, cooked, boiled, without salt	0.00

NDB_No	Description	Cholesterol(mg) Value Per
16078	Mothbeans, mature seeds, raw	0.00
16079	Mothbeans, mature seeds, cooked, boiled, without salt	0.00
16080	Mung beans, mature seeds, raw	0.00
16081	Mung beans, mature seeds, cooked, boiled, without salt	0.00
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0.00
16083	Mungo beans, mature seeds, raw	0.00
16084	Mungo beans, mature seeds, cooked, boiled, without salt	0.00
16085	Peas, green, split, mature seeds, raw	0.00
16086	Peas, split, mature seeds, cooked, boiled, without salt	0.00
16087	Peanuts, all types, raw	0.00
16088	Peanuts, all types, cooked, boiled, with salt	0.00
16089	Peanuts, all types, oil-roasted, with salt	0.00
16090	Peanuts, all types, dry-roasted, with salt	0.00
16091	Peanuts, spanish, raw	0.00
16092	Peanuts, spanish, oil-roasted, with salt	0.00
16093	Peanuts, valencia, raw	0.00
16094	Peanuts, valencia, oil-roasted, with salt	0.00
16095	Peanuts, virginia, raw	0.00
16096	Peanuts, virginia, oil-roasted, with salt	0.00
16097	Peanut butter, chunk style, with salt	0.00
16098	Peanut butter, smooth style, with salt	0.00
16099	Peanut flour, defatted	0.00
16100	Peanut flour, low fat	0.00
16101	Pigeon peas (red gram), mature seeds, raw	0.00
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	0.00
16103	Refried beans, canned, traditional style (includes USDA commodity)	0.00
16104	Bacon, meatless	0.00
16106	Meat extender	0.00
16107	Sausage, meatless	0.00
16108	Soybeans, mature seeds, raw	0.00
16109	Soybeans, mature cooked, boiled, without salt	0.00
16110	Soybeans, mature seeds, roasted, salted	0.00
16111	Soybeans, mature seeds, dry roasted	0.00
16112	Miso	0.00
16113	Natto	0.00
16114	Tempeh	0.00

NDB_No	Description	Cholesterol(mg) Value Per
16115	Soy flour, full-fat, raw	0.00
16116	Soy flour, full-fat, roasted	0.00
16117	Soy flour, defatted	0.00
16118	Soy flour, low-fat	0.00
16119	Soy meal, defatted, raw	0.00
16120	Soymilk, original and vanilla, unfortified	0.00
16121	Soy protein concentrate, produced by alcohol extraction	0.00
16122	Soy protein isolate	0.00
16123	Soy sauce made from soy and wheat (shoyu)	0.00
16124	Soy sauce made from soy (tamari)	0.00
16125	Soy sauce made from hydrolyzed vegetable protein	0.00
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	0.00
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	0.00
16128	Tofu, dried-frozen (koyadofu)	0.00
16129	Tofu, fried	0.00
16130	Okara	0.00
16132	Tofu, salted and fermented (fuyu)	0.00
16133	Yardlong beans, mature seeds, raw	0.00
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	0.00
16135	Winged beans, mature seeds, raw	0.00
16136	Winged beans, mature seeds, cooked, boiled, without salt	0.00
16137	Hummus, home prepared	0.00
16138	Falafel, home-prepared	0.00
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	0.00
16144	Lentils, pink or red, raw	0.00
16145	Beans, kidney, red, mature seeds, canned, drained solids	0.00
16146	Beans, pinto, canned, drained solids	0.00
16149	Peanut spread, reduced sugar	0.00
16150	Peanut butter, smooth, reduced fat	0.00
16155	Peanut butter, smooth, vitamin and mineral fortified	0.00
16156	Peanut butter, chunky, vitamin and mineral fortified	0.00
16157	Chickpea flour (besan)	0.00
16158	Hummus, commercial	0.00
16159	Tofu, extra firm, prepared with nigari	0.00
16160	Tofu, hard, prepared with nigari	0.00
16161	MORI-NU, Tofu, silken, soft	0.00

NDB_No	Description	Cholesterol(mg) Value Per
16162	MORI-NU, Tofu, silken, firm	0.00
16163	MORI-NU, Tofu, silken, extra firm	0.00
16164	MORI-NU, Tofu, silken, lite firm	0.00
16165	MORI-NU, Tofu, silken, lite extra firm	0.00
16166	Soymilk, chocolate, unfortified	0.00
16167	USDA Commodity, Peanut Butter, smooth	0.00
16168	Soymilk, chocolate, with added calcium, vitamins A and D	0.00
16172	Refried beans, canned, fat-free	0.00
16202	PACE, Traditional Refried Beans	0.00
16203	PACE, Salsa Refried Beans	0.00
16204	PACE, Spicy Jalapeno Refried Beans	0.00
16210	Vitasoy USA, Nasoya Lite Firm Tofu	0.00
16211	Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	0.00
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	0.00
16213	Vitasoy USA, Organic Nasoya Firm Tofu	0.00
16214	Vitasoy USA, Organic Nasoya Silken Tofu	0.00
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	0.00
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	0.00
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	0.00
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	0.00
16223	Soymilk (All flavors), enhanced	0.00
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	0.00
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	0.00
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	0.00
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	0.00
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	0.00
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	0.00
16235	SILK Plain, soymilk	0.00
16236	SILK Vanilla, soymilk	0.00
16237	SILK Chocolate, soymilk	0.00
16238	SILK Light Plain, soymilk	0.00
16239	SILK Light Vanilla, soymilk	0.00
16240	SILK Light Chocolate, soymilk	0.00
16241	SILK Plus Omega-3 DHA, soymilk	0.00
16242	SILK Plus for Bone Health, soymilk	0.00
16243	SILK Plus Fiber, soymilk	0.00

NDB_No	Description	Cholesterol(mg) Value Per
16244	SILK Unsweetened, soymilk	0.00
16245	SILK Very Vanilla, soymilk	0.00
16246	SILK Nog, soymilk	0.00
16247	SILK Chai, soymilk	0.00
16248	SILK Mocha, soymilk	0.00
16249	SILK Coffee, soymilk	0.00
16250	SILK Vanilla soy yogurt (family size)	0.00
16251	SILK Vanilla soy yogurt (single serving size)	0.00
16252	SILK Plain soy yogurt	0.00
16253	SILK Strawberry soy yogurt	0.00
16254	SILK Raspberry soy yogurt	0.00
16255	SILK Peach soy yogurt	0.00
16256	SILK Black Cherry soy yogurt	0.00
16257	SILK Blueberry soy yogurt	0.00
16258	SILK Key Lime soy yogurt	0.00
16259	SILK Banana-Strawberry soy yogurt	0.00
16260	SILK Original Creamer	0.00
16261	SILK French Vanilla Creamer	0.00
16262	SILK Hazelnut Creamer	0.00
16271	Vitasoy USA Organic Nasoya, Soft Tofu	0.00
16272	Vitasoy USA Nasoya, Lite Silken Tofu	0.00
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	0.00
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	0.00
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	0.00
16276	Vitasoy USA Azumaya, Extra Firm Tofu	0.00
16277	Vitasoy USA Azumaya, Firm Tofu	0.00
16278	Vitasoy USA Azumaya, Silken Tofu	0.00
16279	HOUSE FOODS Premium Soft Tofu	0.00
16281	HOUSE FOODS Premium Firm Tofu	0.00
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	0.00
16315	Beans, black, mature seeds, cooked, boiled, with salt	0.00
16316	Beans, black, mature seeds, canned, low sodium	0.00
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	0.00
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	0.00
16323	Beans, french, mature seeds, cooked, boiled, with salt	0.00
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	0.00

NDB_No	Description	Cholesterol(mg) Value Per
16326	Beans, great northern, mature seeds, canned, low sodium	0.00
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	0.00
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	0.00
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	0.00
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	0.00
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	0.00
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	0.00
16338	Beans, navy, mature seeds, cooked, boiled, with salt	0.00
16341	Beans, pink, mature seeds, cooked, boiled, with salt	0.00
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	0.00
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	0.00
16346	Beans, small white, mature seeds, cooked, boiled, with salt	0.00
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	0.00
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	0.00
16350	Beans, white, mature seeds, cooked, boiled, with salt	0.00
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	0.00
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	0.00
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	0.00
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	0.00
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	0.00
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	0.00
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	0.00
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	0.00
16370	Lentils, mature seeds, cooked, boiled, with salt	0.00
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	0.00
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	0.00
16377	Lupins, mature seeds, cooked, boiled, with salt	0.00
16379	Mothbeans, mature seeds, cooked, boiled, with salt	0.00
16381	Mung beans, mature seeds, cooked, boiled, with salt	0.00
16384	Mungo beans, mature seeds, cooked, boiled, with salt	0.00
16386	Peas, split, mature seeds, cooked, boiled, with salt	0.00
16389	Peanuts, all types, oil-roasted, without salt	0.00
16390	Peanuts, all types, dry-roasted, without salt	0.00
16392	Peanuts, spanish, oil-roasted, without salt	0.00
16394	Peanuts, valencia, oil-roasted, without salt	0.00
16396	Peanuts, virginia, oil-roasted, without salt	0.00

NDB_No	Description	Cholesterol(mg) Value Per
16397	Peanut butter, chunk style, without salt	0.00
16398	Peanut butter, smooth style, without salt	0.00
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	0.00
16403	Refried beans, canned, traditional, reduced sodium	0.00
16409	Soybeans, mature seeds, cooked, boiled, with salt	0.00
16410	Soybeans, mature seeds, roasted, no salt added	0.00
16420	Soy protein concentrate, produced by acid wash	0.00
16422	Soy protein isolate, potassium type	0.00
16424	Soy sauce made from soy and wheat (shoyu), low sodium	0.00
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	0.00
16426	Tofu, raw, firm, prepared with calcium sulfate	0.00
16427	Tofu, raw, regular, prepared with calcium sulfate	0.00
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	0.00
16429	Tofu, fried, prepared with calcium sulfate	0.00
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	0.00
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	0.00
16436	Winged beans, mature seeds, cooked, boiled, with salt	0.00
16500	LOMA LINDA Little Links, canned, unprepared	0.00
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	0.00
16506	LOMA LINDA Vege-Burger, canned, unprepared	0.00
16507	LOMA LINDA Redi-Burger, canned, unprepared	0.00
16508	LOMA LINDA Tender Bits, canned, unprepared	0.00
16509	LOMA LINDA Linketts, canned, unprepared	0.00
16510	WORTHINGTON Chili, canned, unprepared	0.00
16511	WORTHINGTON Choplets, canned, unprepared	0.00
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	0.00
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	0.00
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	0.00
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	0.00
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	0.00
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	0.00
16536	WORTHINGTON Wham (roll), frozen, unprepared	0.00
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	0.00
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	0.00
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	0.00
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	0.00

NDB_No	Description	Cholesterol(mg) Value Per
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	0.00
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	0.00
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	0.00
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	0.00
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	0.00
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	0.00
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	0.00
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	0.00
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	0.00
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	0.00
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	0.00
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	0.00
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	0.00
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	0.00
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	0.00
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	0.00
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	0.00
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	0.00
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	0.00
18005	Bagels, cinnamon-raisin	0.00
18006	Bagels, cinnamon-raisin, toasted	0.00
18007	Bagels, oat bran	0.00
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	0.00
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	0.00
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	0.00
18017	Biscuits, mixed grain, refrigerated dough	0.00
18025	Bread, cracked-wheat	0.00
18029	Bread, french or vienna (includes sourdough)	0.00
18030	Bread, french or vienna, toasted (includes sourdough)	0.00
18033	Bread, italian	0.00
18036	Bread, multi-grain, toasted (includes whole-grain)	0.00
18037	Bread, oat bran	0.00
18038	Bread, oat bran, toasted	0.00
18039	Bread, oatmeal	0.00
18040	Bread, oatmeal, toasted	0.00
18041	Bread, pita, white, enriched	0.00

NDB_No	Description	Cholesterol(mg) Value Per
18042	Bread, pita, whole-wheat	0.00
18043	Bread, protein (includes gluten)	0.00
18044	Bread, pumpernickel	0.00
18045	Bread, pumpernickel, toasted	0.00
18047	Bread, raisin, enriched	0.00
18048	Bread, raisin, enriched, toasted	0.00
18049	Bread, reduced-calorie, oat bran	0.00
18050	Bread, reduced-calorie, oat bran, toasted	0.00
18051	Bread, reduced-calorie, oatmeal	0.00
18053	Bread, reduced-calorie, rye	0.00
18055	Bread, reduced-calorie, wheat	0.00
18057	Bread, reduced-calorie, white	0.00
18059	Bread, rice bran	0.00
18060	Bread, rye	0.00
18061	Bread, rye, toasted	0.00
18064	Bread, wheat	0.00
18065	Bread, wheat, toasted	0.00
18066	Bread, wheat bran	0.00
18069	Bread, white, commercially prepared (includes soft bread crumbs)	0.00
18071	Bread, white, prepared from recipe, made with nonfat dry milk	0.00
18075	Bread, whole-wheat, commercially prepared	0.00
18076	Bread, whole-wheat, commercially prepared, toasted	0.00
18077	Bread, whole-wheat, prepared from recipe	0.00
18078	Bread, whole-wheat, prepared from recipe, toasted	0.00
18079	Bread crumbs, dry, grated, plain	0.00
18080	Bread sticks, plain	0.00
18082	Bread stuffing, bread, dry mix, prepared	0.00
18084	Bread stuffing, cornbread, dry mix	0.00
18085	Bread stuffing, cornbread, dry mix, prepared	0.00
18086	Cake, angelfood, commercially prepared	0.00
18087	Cake, angelfood, dry mix	0.00
18088	Cake, angelfood, dry mix, prepared	0.00
18092	Cake, pudding-type, carrot, dry mix	0.00
18097	Cake, pudding-type, chocolate, dry mix	0.00
18107	Coffeecake, cinnamon with crumb topping, dry mix	0.00
18112	Cake, pudding-type, german chocolate, dry mix	0.00

NDB_No	Description	Cholesterol(mg) Value Per
18114	Cake, gingerbread, dry mix	0.00
18117	Cake, pudding-type, marble, dry mix	0.00
18127	Cake, snack cakes, creme-filled, chocolate with frosting	0.00
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	0.00
18135	Cake, pudding-type, white, enriched, dry mix	0.00
18142	Cake, pudding-type, yellow, dry mix	0.00
18144	Cake, yellow, enriched, dry mix	0.00
18152	Cookies, brownies, dry mix, regular	0.00
18156	Cookies, fudge, cake-type (includes trolley cakes)	0.00
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	0.00
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	0.00
18161	Cookies, chocolate chip, dry mix	0.00
18166	Cookies, chocolate sandwich, with creme filling, regular	0.00
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	0.00
18168	Cookies, chocolate sandwich, with extra creme filling	0.00
18170	Cookies, fig bars	0.00
18172	Cookies, gingersnaps	0.00
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	0.00
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	0.00
18177	Cookies, molasses	0.00
18178	Cookies, oatmeal, commercially prepared, regular	0.00
18180	Cookies, oatmeal, dry mix	0.00
18186	Cookies, peanut butter, commercially prepared, soft-type	0.00
18190	Cookies, peanut butter sandwich, regular	0.00
18192	Cookies, shortbread, commercially prepared, plain	0.00
18196	Cookies, brownies, dry mix, sugar free	0.00
18198	Cookies, chocolate chip, commercially prepared, special dietary	0.00
18199	Cookies, chocolate sandwich, with creme filling, special dietary	0.00
18200	Cookies, oatmeal, commercially prepared, special dietary	0.00
18201	Cookies, peanut butter sandwich, special dietary	0.00
18202	Cookies, sugar wafer, with creme filling, sugar free	0.00
18209	Cookies, sugar wafers with creme filling, regular	0.00
18210	Cookies, vanilla sandwich with creme filling	0.00
18211	Puff pastry, frozen, ready-to-bake, baked	0.00
18215	Crackers, cheese, sandwich-type with peanut butter filling	0.00
18216	Crackers, crispbread, rye	0.00

NDB_No	Description	Cholesterol(mg) Value Per
18217	Crackers, matzo, plain	0.00
18219	Crackers, matzo, whole-wheat	0.00
18220	Crackers, melba toast, plain	0.00
18221	Crackers, melba toast, rye (includes pumpernickel)	0.00
18222	Crackers, melba toast, wheat	0.00
18226	Crackers, rye, wafers, plain	0.00
18227	Crackers, rye, wafers, seasoned	0.00
18228	Crackers, saltines (includes oyster, soda, soup)	0.00
18229	Crackers, standard snack-type, regular	0.00
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	0.00
18232	Crackers, wheat, regular	0.00
18234	Crackers, wheat, sandwich, with peanut butter filling	0.00
18235	Crackers, whole-wheat	0.00
18236	Cracker meal	0.00
18242	Croutons, plain	0.00
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	0.00
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	0.00
18260	English muffins, mixed-grain (includes granola)	0.00
18261	English muffins, mixed-grain, toasted (includes granola)	0.00
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	0.00
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	0.00
18264	English muffins, wheat	0.00
18265	English muffins, wheat, toasted	0.00
18266	English muffins, whole-wheat	0.00
18267	English muffins, whole-wheat, toasted	0.00
18271	Ice cream cones, cake or wafer-type	0.00
18272	Ice cream cones, sugar, rolled-type	0.00
18275	Muffins, blueberry, dry mix	0.00
18283	Muffins, oat bran	0.00
18284	Muffins, wheat bran, dry mix	0.00
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	0.00
18295	Pancakes, buckwheat, dry mix, incomplete	0.00
18297	Pancakes, special dietary, dry mix	0.00
18299	Pancakes, whole-wheat, dry mix, incomplete	0.00
18301	Pie, apple, commercially prepared, enriched flour	0.00
18302	Pie, apple, prepared from recipe	0.00

NDB_No	Description	Cholesterol(mg) Value Per
18305	Pie, blueberry, commercially prepared	0.00
18306	Pie, blueberry, prepared from recipe	0.00
18308	Pie, cherry, commercially prepared	0.00
18309	Pie, cherry, prepared from recipe	0.00
18313	Pie, coconut creme, commercially prepared	0.00
18319	Pie, fried pies, fruit	0.00
18322	Pie, mince, prepared from recipe	0.00
18323	Pie, peach	0.00
18332	Pie crust, standard-type, dry mix	0.00
18333	Pie crust, standard-type, dry mix, prepared, baked	0.00
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	0.00
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	0.00
18336	Pie crust, standard-type, prepared from recipe, baked	0.00
18337	Puff pastry, frozen, ready-to-bake	0.00
18338	Phyllo dough	0.00
18339	Popovers, dry mix, enriched	0.00
18345	Rolls, dinner, oat bran	0.00
18346	Rolls, dinner, rye	0.00
18347	Rolls, dinner, wheat	0.00
18348	Rolls, dinner, whole-wheat	0.00
18349	Rolls, french	0.00
18350	Rolls, hamburger or hotdog, plain	0.00
18351	Rolls, hamburger or hotdog, mixed-grain	0.00
18352	Rolls, hamburger or hotdog, reduced-calorie	0.00
18353	Rolls, hard (includes kaiser)	0.00
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	0.00
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	0.00
18360	Taco shells, baked	0.00
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	0.00
18363	Tortillas, ready-to-bake or -fry, corn	0.00
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	0.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	0.00
18370	Leavening agents, baking powder, double-acting, straight phosphate	0.00
18371	Leavening agents, baking powder, low-sodium	0.00
18372	Leavening agents, baking soda	0.00
18373	Leavening agents, cream of tartar	0.00

NDB_No	Description	Cholesterol(mg) Value Per
18374	Leavening agents, yeast, baker's, compressed	0.00
18375	Leavening agents, yeast, baker's, active dry	0.00
18383	Bread, protein, (includes gluten), toasted	0.00
18384	Bread, rice bran, toasted	0.00
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	0.00
18402	Pie crust, standard-type, prepared from recipe, unbaked	0.00
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	0.00
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	0.00
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	0.00
18413	Bread, pita, white, unenriched	0.00
18414	Bread, raisin, unenriched	0.00
18419	Cake, pudding-type, white, unenriched, dry mix	0.00
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	0.00
18424	Crackers, melba toast, plain, without salt	0.00
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	0.00
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	0.00
18427	Crackers, standard snack-type, regular, low salt	0.00
18428	Crackers, wheat, low salt	0.00
18429	Crackers, whole-wheat, low salt	0.00
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	0.00
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	0.00
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	0.00
18443	Pie, apple, commercially prepared, unenriched flour	0.00
18444	Pie, fried pies, cherry	0.00
18445	Pie, fried pies, lemon	0.00
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	0.00
18447	Popovers, dry mix, unenriched	0.00
18448	Taco shells, baked, without added salt	0.00
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	0.00
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	0.00
18451	Cake, pound, commercially prepared, fat-free	0.00
18453	Cake, yellow, light, dry mix	0.00
18457	Crackers, saltines, fat-free, low-sodium	0.00
18459	Breakfast tart, low fat	0.00
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	0.00
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	0.00

NDB_No	Description	Cholesterol(mg) Value Per
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	0.00
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	0.00
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	0.00
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	0.00
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	0.00
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	0.00
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	0.00
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	0.00
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	0.00
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	0.00
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	0.00
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	0.00
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	0.00
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	0.00
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	0.00
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	0.00
18529	ARCHWAY Home Style Cookies, Frosty Lemon	0.00
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	0.00
18617	NABISCO, NABISCO GRAHAMS Crackers	0.00
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	0.00
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	0.00
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	0.00
18634	PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough	0.00
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	0.00
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	0.00
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	0.00
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	0.00
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	0.00
18944	Pie, Dutch Apple, Commercially Prepared	0.00
18949	Crackers, whole-wheat, reduced fat	0.00
18950	Crackers, wheat, reduced fat	0.00
18963	Garlic bread, frozen	0.00
18965	Crackers, cheese, reduced fat	0.00
18966	Crackers, saltines, whole wheat (includes multi-grain)	0.00
18967	Bread, white wheat	0.00
18968	Bagels, wheat	0.00

NDB_No	Description	Cholesterol(mg) Value Per
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	0.00
18971	Bread, potato	0.00
18973	Focaccia, Italian flatbread, plain	0.00
18974	KASHI, TLC, Honey Sesame Crackers	0.00
18975	KASHI, TLC, Original 7-Grain Crackers	0.00
18978	KASHI, Blueberry Waffle	0.00
18979	KASHI, H2H Woven Wheat Cracker, Original	0.00
18980	KASHI, Original Waffle	0.00
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	0.00
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	0.00
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	0.00
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	0.00
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	0.00
18990	AUSTIN, PB & J Crackers, sandwich-type	0.00
18991	BARBARA DEE, Winter Mints Cookies	0.00
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	0.00
18993	BEAR NAKED, Double Chocolate Cookies	0.00
18994	BEAR NAKED, Fruit & Nut Cookies	0.00
19003	Snacks, corn-based, extruded, chips, plain	0.00
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	0.00
19005	Snacks, corn-based, extruded, cones, plain	0.00
19007	Snacks, corn-based, extruded, onion-flavor	0.00
19009	Snacks, KRAFT, CORNNUTS, plain	0.00
19010	Snacks, crisped rice bar, chocolate chip	0.00
19013	Snacks, fruit leather, pieces	0.00
19014	Snacks, fruit leather, rolls	0.00
19015	Snacks, granola bars, hard, plain	0.00
19016	Snacks, granola bars, hard, almond	0.00
19017	Snacks, granola bars, hard, chocolate chip	0.00
19018	Fruit syrup	0.00
19020	Snacks, granola bars, soft, uncoated, plain	0.00
19021	Snacks, granola bars, soft, uncoated, peanut butter	0.00
19022	Snacks, granola bars, soft, uncoated, raisin	0.00
19030	Syrup, fruit flavored	0.00
19031	Snacks, oriental mix, rice-based	0.00
19034	Snacks, popcorn, air-popped	0.00

NDB_No	Description	Cholesterol(mg) Value Per
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	0.00
19036	Snacks, popcorn, cakes	0.00
19038	Snacks, popcorn, caramel-coated, with peanuts	0.00
19039	Snacks, popcorn, caramel-coated, without peanuts	0.00
19042	Snacks, potato chips, barbecue-flavor	0.00
19045	Snacks, potato chips, made from dried potatoes, reduced fat	0.00
19047	Snacks, pretzels, hard, plain, salted	0.00
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	0.00
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	0.00
19051	Snacks, rice cracker brown rice, plain	0.00
19052	Snacks, rice cakes, brown rice, buckwheat	0.00
19053	Snacks, rice cakes, brown rice, sesame seed	0.00
19056	Snacks, tortilla chips, plain, white corn, salted	0.00
19057	Snacks, tortilla chips, nacho cheese	0.00
19059	Snacks, trail mix, regular	0.00
19061	Snacks, trail mix, tropical	0.00
19063	Snacks, tortilla chips, taco-flavor	0.00
19067	Candies, TWIZZLERS CHERRY BITES	0.00
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	0.00
19069	Candies, NESTLE, BUTTERFINGER Bar	0.00
19077	Baking chocolate, unsweetened, liquid	0.00
19080	Candies, semisweet chocolate	0.00
19081	Candies, sweet chocolate	0.00
19083	Candies, sweet chocolate coated fondant	0.00
19085	Candies, confectioner's coating, butterscotch	0.00
19092	Candies, TWIZZLERS NIBS CHERRY BITS	0.00
19099	Candies, fondant, prepared-from-recipe	0.00
19106	Candies, gumdrops, starch jelly pieces	0.00
19107	Candies, hard	0.00
19108	Candies, jellybeans	0.00
19111	Candies, NESTLE, BABY RUTH Bar	0.00
19112	Candies, TWIZZLERS Strawberry Twists Candy	0.00
19113	Syrups, table blends, pancake, with butter	0.00
19116	Candies, marshmallows	0.00
19117	Candies, halavah, plain	0.00
19124	Baking chocolate, mexican, squares	0.00

NDB_No	Description	Cholesterol(mg) Value Per
19125	Chocolate-flavored hazelnut spread	0.00
19128	Syrups, table blends, pancake, reduced-calorie	0.00
19129	Syrups, table blends, pancake	0.00
19137	Toppings, strawberry	0.00
19147	Candies, peanut bar	0.00
19151	Candies, REESE'S PIECES Candy	0.00
19153	Candies, NESTLE, AFTER EIGHT Mints	0.00
19154	Candies, sesame crunch	0.00
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	0.00
19163	Chewing gum	0.00
19165	Cocoa, dry powder, unsweetened	0.00
19166	Cocoa, dry powder, unsweetened, processed with alkali	0.00
19171	Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	0.00
19172	Gelatin desserts, dry mix	0.00
19173	Gelatin desserts, dry mix, prepared with water	0.00
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	0.00
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	0.00
19177	Gelatins, dry powder, unsweetened	0.00
19184	Puddings, chocolate, dry mix, instant	0.00
19186	Desserts, apple crisp, prepared-from-recipe	0.00
19187	Flan, caramel custard, dry mix	0.00
19188	Puddings, chocolate, dry mix, regular	0.00
19194	Puddings, rice, dry mix	0.00
19198	Puddings, tapioca, dry mix	0.00
19202	Puddings, vanilla, dry mix, instant	0.00
19206	Puddings, vanilla, dry mix, regular	0.00
19216	Candies, praline, prepared-from-recipe	0.00
19217	Frozen novelties, ice type, fruit, no sugar added	0.00
19220	Desserts, rennin, chocolate, dry mix	0.00
19222	Desserts, rennin, vanilla, dry mix	0.00
19225	Desserts, rennin, tablets, unsweetened	0.00
19226	Frostings, chocolate, creamy, ready-to-eat	0.00
19227	Frostings, coconut-nut, ready-to-eat	0.00
19228	Frostings, cream cheese-flavor, ready-to-eat	0.00
19230	Frostings, vanilla, creamy, ready-to-eat	0.00
19233	Puddings, vanilla, ready-to-eat, fat free	0.00

NDB_No	Description	Cholesterol(mg) Value Per
19240	Frostings, chocolate, creamy, dry mix	0.00
19244	Frostings, vanilla, creamy, dry mix	0.00
19246	Frostings, white, fluffy, dry mix	0.00
19247	Frostings, white, fluffy, dry mix, prepared with water	0.00
19263	Frozen novelties, fruit and juice bars	0.00
19274	Snacks, fruit leather, pieces, with vitamin C	0.00
19280	Frozen novelties, ice type, lime	0.00
19281	Frozen novelties, ice type, italian, restaurant-prepared	0.00
19283	Frozen novelties, ice type, pop	0.00
19294	Fruit butters, apple	0.00
19296	Honey	0.00
19297	Jams and preserves	0.00
19300	Jellies	0.00
19303	Marmalade, orange	0.00
19304	Molasses	0.00
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	0.00
19310	Pectin, unsweetened, dry mix	0.00
19312	Pie fillings, apple, canned	0.00
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	0.00
19314	Pie fillings, canned, cherry	0.00
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	0.00
19318	Puddings, banana, dry mix, instant	0.00
19320	Puddings, banana, dry mix, regular	0.00
19322	Puddings, coconut cream, dry mix, instant	0.00
19324	Puddings, coconut cream, dry mix, regular	0.00
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	0.00
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	0.00
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	0.00
19330	Puddings, lemon, dry mix, instant	0.00
19332	Puddings, lemon, dry mix, regular	0.00
19334	Sugars, brown	0.00
19335	Sugars, granulated	0.00
19336	Sugars, powdered	0.00
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	0.00
19340	Sugars, maple	0.00
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.00

NDB_No	Description	Cholesterol(mg) Value Per
19349	Syrups, corn, dark	0.00
19350	Syrups, corn, light	0.00
19351	Syrups, corn, high-fructose	0.00
19352	Syrups, malt	0.00
19353	Syrups, maple	0.00
19355	Syrups, sorghum	0.00
19360	Syrups, table blends, pancake, with 2% maple	0.00
19361	Syrups, table blends, cane and 15% maple	0.00
19362	Syrups, table blends, corn, refiner, and sugar	0.00
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	0.00
19364	Toppings, butterscotch or caramel	0.00
19365	Toppings, marshmallow cream	0.00
19366	Toppings, pineapple	0.00
19367	Toppings, nuts in syrup	0.00
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	0.00
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	0.00
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	0.00
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	0.00
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	0.00
19384	Candies, divinity, prepared-from-recipe	0.00
19387	Frozen novelties, ice type, pineapple-coconut	0.00
19400	Snacks, banana chips	0.00
19401	Snacks, cornnuts, barbecue-flavor	0.00
19403	Snacks, crisped rice bar, almond	0.00
19404	Snacks, granola bars, soft, uncoated, chocolate chip	0.00
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	0.00
19406	Snacks, granola bars, soft, uncoated, nut and raisin	0.00
19410	Snack, potato chips, made from dried potatoes, plain	0.00
19411	Snacks, potato chips, plain, salted	0.00
19413	Snacks, rice cakes, brown rice, corn	0.00
19414	Snacks, rice cakes, brown rice, multigrain	0.00
19415	Snacks, potato sticks	0.00
19416	Snacks, rice cakes, brown rice, rye	0.00
19418	Snacks, sesame sticks, wheat-based, salted	0.00
19419	Snacks, corn cakes	0.00
19420	Snacks, granola bars, hard, peanut butter	0.00

NDB_No	Description	Cholesterol(mg) Value Per
19422	Snacks, potato chips, reduced fat	0.00
19423	Snacks, potato chips, fat-free, made with olestra	0.00
19433	Tortilla chips, low fat, baked without fat	0.00
19436	Popcorn, sugar syrup/caramel, fat-free	0.00
19437	Snacks, potato chips, fat free, salted	0.00
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	0.00
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	0.00
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	0.00
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	0.00
19524	Snacks, taro chips	0.00
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	0.00
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	0.00
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	0.00
19705	Puddings, banana, dry mix, instant, with added oil	0.00
19706	Puddings, banana, dry mix, regular, with added oil	0.00
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	0.00
19709	Puddings, tapioca, dry mix, with no added salt	0.00
19710	Puddings, vanilla, dry mix, regular, with added oil	0.00
19719	Jams and preserves, apricot	0.00
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	0.00
19800	Snacks, corn cakes, very low sodium	0.00
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	0.00
19806	Snacks, popcorn, air-popped (Unsalted)	0.00
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	0.00
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	0.00
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	0.00
19811	Snacks, potato chips, plain, unsalted	0.00
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	0.00
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	0.00
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	0.00
19816	Snacks, rice cakes, brown rice, plain, unsalted	0.00
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	0.00
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	0.00
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	0.00
19820	Snacks, sesame sticks, wheat-based, unsalted	0.00
19821	Snacks, trail mix, regular, unsalted	0.00

NDB_No	Description	Cholesterol(mg) Value Per
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	0.00
19823	Potato chips, without salt, reduced fat	0.00
19833	Snacks, tortilla chips, low fat, unsalted	0.00
19858	Candies, sugar-coated almonds	0.00
19859	Cocoa, dry powder, hi-fat or breakfast, plain	0.00
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	0.00
19866	Candies, soft fruit and nut squares	0.00
19867	Ice creams, vanilla, fat free	0.00
19868	Sweeteners, tabletop, sucralose, SLENDA packets	0.00
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	0.00
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	0.00
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	0.00
19911	Syrup, maple, Canadian	0.00
19912	Sweetener, syrup, agave	0.00
19913	Candies, NESTLE, BUTTERFINGER Crisp	0.00
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	0.00
19918	Sweetener, herbal extract powder from Stevia leaf	0.00
19919	Candies, fruit snacks, with high vitamin C	0.00
19924	Syrup, NESTLE, chocolate	0.00
20001	Amaranth grain, uncooked	0.00
20003	Arrowroot flour	0.00
20004	Barley, hulled	0.00
20005	Barley, pearled, raw	0.00
20006	Barley, pearled, cooked	0.00
20008	Buckwheat	0.00
20009	Buckwheat groats, roasted, dry	0.00
20010	Buckwheat groats, roasted, cooked	0.00
20011	Buckwheat flour, whole-groat	0.00
20012	Bulgur, dry	0.00
20013	Bulgur, cooked	0.00
20014	Corn grain, yellow	0.00
20015	Corn bran, crude	0.00
20016	Corn flour, whole-grain, yellow	0.00
20017	Corn flour, masa, enriched, white	0.00
20018	Corn flour, yellow, degermed, unenriched	0.00
20019	Corn flour, masa, unenriched, white	0.00

NDB_No	Description	Cholesterol(mg) Value Per
20020	Cornmeal, whole-grain, yellow	0.00
20022	Cornmeal, degermed, enriched, yellow	0.00
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	0.00
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	0.00
20025	Cornmeal, yellow, self-rising, degermed, enriched	0.00
20027	Cornstarch	0.00
20028	Couscous, dry	0.00
20029	Couscous, cooked	0.00
20030	Hominy, canned, white	0.00
20031	Millet, raw	0.00
20032	Millet, cooked	0.00
20033	Oat bran, raw	0.00
20034	Oat bran, cooked	0.00
20035	Quinoa, uncooked	0.00
20036	Rice, brown, long-grain, raw	0.00
20037	Rice, brown, long-grain, cooked	0.00
20038	Oats	0.00
20040	Rice, brown, medium-grain, raw	0.00
20041	Rice, brown, medium-grain, cooked	0.00
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	0.00
20044	Rice, white, long-grain, regular, raw, enriched	0.00
20045	Rice, white, long-grain, regular, enriched, cooked	0.00
20046	Rice, white, long-grain, parboiled, enriched, dry	0.00
20047	Rice, white, long-grain, parboiled, enriched, cooked	0.00
20048	Rice, white, long-grain, precooked or instant, enriched, dry	0.00
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	0.00
20050	Rice, white, medium-grain, raw, enriched	0.00
20051	Rice, white, medium-grain, enriched, cooked	0.00
20052	Rice, white, short-grain, enriched, uncooked	0.00
20053	Rice, white, short-grain, enriched, cooked	0.00
20054	Rice, white, glutinous, unenriched, uncooked	0.00
20055	Rice, white, glutinous, unenriched, cooked	0.00
20060	Rice bran, crude	0.00
20061	Rice flour, white, unenriched	0.00
20062	Rye grain	0.00
20063	Rye flour, dark	0.00

NDB_No	Description	Cholesterol(mg) Value Per
20064	Rye flour, medium	0.00
20065	Rye flour, light	0.00
20066	Semolina, enriched	0.00
20067	Sorghum grain	0.00
20068	Tapioca, pearl, dry	0.00
20069	Triticale	0.00
20070	Triticale flour, whole-grain	0.00
20071	Wheat, hard red spring	0.00
20072	Wheat, hard red winter	0.00
20073	Wheat, soft red winter	0.00
20074	Wheat, hard white	0.00
20075	Wheat, soft white	0.00
20076	Wheat, durum	0.00
20077	Wheat bran, crude	0.00
20078	Wheat germ, crude	0.00
20080	Wheat flour, whole-grain	0.00
20081	Wheat flour, white, all-purpose, enriched, bleached	0.00
20082	Wheat flour, white, all-purpose, self-rising, enriched	0.00
20083	Wheat flour, white, bread, enriched	0.00
20084	Wheat flour, white, cake, enriched	0.00
20086	Wheat flour, white, tortilla mix, enriched	0.00
20087	Wheat, sprouted	0.00
20088	Wild rice, raw	0.00
20089	Wild rice, cooked	0.00
20090	Rice flour, brown	0.00
20091	Pasta, gluten-free, corn, dry	0.00
20092	Pasta, gluten-free, corn, cooked	0.00
20098	Pasta, homemade, made without egg, cooked	0.00
20105	Macaroni, vegetable, enriched, dry	0.00
20106	Macaroni, vegetable, enriched, cooked	0.00
20113	Noodles, chinese, chow mein	0.00
20114	Noodles, japanese, soba, dry	0.00
20115	Noodles, japanese, soba, cooked	0.00
20116	Noodles, japanese, somen, dry	0.00
20117	Noodles, japanese, somen, cooked	0.00
20118	Noodles, flat, crunchy, Chinese restaurant	0.00

NDB_No	Description	Cholesterol(mg) Value Per
20120	Pasta, dry, enriched	0.00
20121	Pasta, cooked, enriched, without added salt	0.00
20124	Pasta, whole-wheat, dry	0.00
20125	Pasta, whole-wheat, cooked	0.00
20126	Spaghetti, spinach, dry	0.00
20127	Spaghetti, spinach, cooked	0.00
20129	Wheat flours, bread, unenriched	0.00
20130	Barley flour or meal	0.00
20131	Barley malt flour	0.00
20132	Oat flour, partially debranned	0.00
20133	Rice noodles, dry	0.00
20134	Rice noodles, cooked	0.00
20137	Quinoa, cooked	0.00
20138	Wheat, KAMUT khorasan, uncooked	0.00
20139	Wheat, KAMUT khorasan, cooked	0.00
20140	Spelt, uncooked	0.00
20141	Spelt, cooked	0.00
20143	Teff, cooked	0.00
20314	Corn grain, white	0.00
20316	Corn flour, whole-grain, white	0.00
20317	Corn flour, yellow, masa, enriched	0.00
20320	Cornmeal, whole-grain, white	0.00
20321	Pasta, cooked, enriched, with added salt	0.00
20322	Cornmeal, degermed, enriched, white	0.00
20323	Cornmeal, white, self-rising, bolted, plain, enriched	0.00
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	0.00
20325	Cornmeal, white, self-rising, degermed, enriched	0.00
20330	Hominy, canned, yellow	0.00
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	0.00
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	0.00
20420	Pasta, dry, unenriched	0.00
20421	Pasta, cooked, unenriched, without added salt	0.00
20422	Cornmeal, degermed, unenriched, yellow	0.00
20444	Rice, white, long-grain, regular, raw, unenriched	0.00
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	0.00
20446	Rice, white, long-grain, parboiled, unenriched, dry	0.00

NDB_No	Description	Cholesterol(mg) Value Per
20447	Rice, white, long-grain, parboiled, unenriched, cooked	0.00
20450	Rice, white, medium-grain, raw, unenriched	0.00
20451	Rice, white, medium-grain, cooked, unenriched	0.00
20452	Rice, white, short-grain, raw, unenriched	0.00
20453	Rice, white, short-grain, cooked, unenriched	0.00
20466	Semolina, unenriched	0.00
20481	Wheat flour, white, all-purpose, unenriched	0.00
20521	Pasta, cooked, unenriched, with added salt	0.00
20522	Cornmeal, degermed, unenriched, white	0.00
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	0.00
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	0.00
20581	Wheat flour, white, all-purpose, enriched, unbleached	0.00
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	0.00
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	0.00
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	0.00
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	0.00
20657	Pasta, gluten-free, corn and rice flour, cooked	0.00
21024	Fast foods, french toast sticks	0.00
21026	Fast foods, potatoes, hash browns, round pieces or patty	0.00
21129	Fast foods, hush puppies	0.00
21130	Fast foods, onion rings, breaded and fried	0.00
21138	Fast foods, potato, french fried in vegetable oil	0.00
21139	Fast foods, potato, mashed	0.00
21314	McDONALD'S, Spicy Buffalo Sauce	0.00
21319	McDONALD'S, Hash Brown	0.00
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	0.00
21379	McDONALD'S, Side Salad	0.00
21386	BURGER KING, french toast sticks	0.00
21387	BURGER KING, Hash Brown Rounds	0.00
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	0.00
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	0.00
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	0.00
22126	LOMA LINDA Big Franks, canned, unprepared	0.00
22955	Egg rolls, vegetable, frozen, prepared	0.00
22986	KASHI Mayan Harvest Bake, frozen, unprepared	0.00
22988	KASHI, Pilaf, 7 Whole Grain, unprepared	0.00

NDB_No	Description	Cholesterol(mg) Value Per
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	0.00
22998	Rice and vermicelli mix, chicken flavor, unprepared	0.00
25000	Snacks, popcorn, microwave, 94% fat free	0.00
25001	Snacks, popcorn, microwave, low fat	0.00
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	0.00
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	0.00
25012	Snacks, sweet potato chips, unsalted	0.00
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	0.00
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	0.00
25017	Formulated bar, POWER BAR, chocolate	0.00
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	0.00
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	0.00
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	0.00
25024	Pretzels, soft, unsalted	0.00
25025	Snacks, soy chips or crisps, salted	0.00
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	0.00
25027	Snacks, plantain chips, salted	0.00
25028	Tortilla chips, yellow, plain, salted	0.00
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	0.00
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	0.00
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	0.00
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	0.00
25036	Snacks, granola bites, mixed flavors	0.00
25037	Snacks, pita chips, salted	0.00
25038	Snacks, granola bars, soft, almond, confectioners coating	0.00
25040	Snacks, vegetable chips, made from garden vegetables	0.00
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	0.00
25045	Formulated bar, high fiber, chewy, oats and chocolate	0.00
25046	Snacks, bagel chips, plain	0.00
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	0.00
25051	Snacks, CLIF BAR, mixed flavors	0.00
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	0.00
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	0.00
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	0.00
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	0.00
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	0.00

NDB_No	Description	Cholesterol(mg) Value Per
25059	Snacks, brown rice chips	0.00
25060	Snack, Pretzel, hard chocolate coated	0.00
25062	Snack, Mixed Berry Bar	0.00
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	0.00
25064	Snacks, potato chips, lightly salted	0.00
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	0.00
27027	PACE, Pico De Gallo	0.00
27028	PACE, Salsa Verde	0.00
27029	PACE, Tequila Lime Salsa	0.00
27030	PACE, Triple Pepper Salsa	0.00
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	0.00
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	0.00
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	0.00
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	0.00
27046	Sauce, duck, ready-to-serve	0.00
27047	Sauce, salsa, verde, ready-to-serve	0.00
27048	Sauce, steak, tomato based	0.00
27050	Sauce, sweet and sour, ready-to-serve	0.00
27051	Sauce, cocktail, ready-to-serve	0.00
27059	Sauce, peanut, made from peanut butter, water, soy sauce	0.00
27063	Sauce, enchilada, red, mild, ready to serve	0.00
27064	Wasabi	0.00
27065	Dip, bean, original flavor	0.00
28017	KASHI, TLC, Pita Crisps, Sea Salt	0.00
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	0.00
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	0.00
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	0.00
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	0.00
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	0.00
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	0.00
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	0.00
28030	GIRL SCOUTS, Chalet Cookies	0.00
28031	GIRL SCOUTS, Do-si-dos Cookies	0.00
28033	GIRL SCOUTS, Tagalongs Cookies	0.00
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	0.00
28035	GIRL SCOUTS, Thin Mints Cookies	0.00

NDB_No	Description	Cholesterol(mg) Value Per
28039	KASHI, TLC, Happy Trail Mix Cookies	0.00
28040	KASHI, TLC, Oatmeal Dark Chocolate Cookies	0.00
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	0.00
28043	KEEBLER, ANIMALS, Cookies	0.00
28044	KEEBLER, ANIMALS, Frosted Cookies	0.00
28045	KEEBLER, ANIMALS, Iced Cookies	0.00
28046	KEEBLER, ANIMALS, Crackers	0.00
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	0.00
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	0.00
28064	KEEBLER, CLUB, Dash of Salt Crackers	0.00
28065	KEEBLER, CLUB, Minis Original Crackers	0.00
28066	KEEBLER, CLUB, Minis Multigrain Crackers	0.00
28067	KEEBLER, CLUB, Multigrain Crackers	0.00
28068	KEEBLER, CLUB, Original Crackers	0.00
28069	KEEBLER, CLUB, Reduced Fat Crackers	0.00
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	0.00
28073	KEEBLER, Danish Wedding Cookies	0.00
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	0.00
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	0.00
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	0.00
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	0.00
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	0.00
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	0.00
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	0.00
28094	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla	0.00
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	0.00
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	0.00
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	0.00
28101	KEEBLER, Cinnamon Toast Grahams	0.00
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	0.00
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	0.00
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	0.00
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	0.00
28106	KEEBLER, Almond Crescents Cookies, Holiday	0.00
28107	KEEBLER, Gingerbread Men Cookies, Holiday	0.00
28108	KEEBLER, Holiday Jingles Cookies	0.00

NDB_No	Description	Cholesterol(mg) Value Per
28109	KEEBLER, Iced Oatmeal Cookies	0.00
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	0.00
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	0.00
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	0.00
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	0.00
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	0.00
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	0.00
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	0.00
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	0.00
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	0.00
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	0.00
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	0.00
28131	KEEBLER, Sweet Cremes Cookies	0.00
28132	KEEBLER, Toasted Coconut Cookies	0.00
28135	KEEBLER, TOASTEDS, Onion Crackers	0.00
28136	KEEBLER, TOASTEDS, Sesame Crackers	0.00
28137	KEEBLER, TOASTEDS, Wheat Crackers	0.00
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	0.00
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	0.00
28142	KEEBLER, TOWN HOUSE, Original Crackers	0.00
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	0.00
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	0.00
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	0.00
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	0.00
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	0.00
28153	KEEBLER, Vienna Fingers with Creme Filling	0.00
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	0.00
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	0.00
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	0.00
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	0.00
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	0.00
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	0.00
28162	KELLOGG'S, Corn Flakes Crumbs	0.00
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	0.00
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	0.00
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	0.00

NDB_No	Description	Cholesterol(mg) Value Per
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	0.00
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	0.00
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	0.00
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	0.00
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	0.00
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	0.00
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	0.00
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	0.00
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	0.00
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	0.00
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	0.00
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	0.00
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	0.00
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	0.00
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	0.00
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	0.00
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	0.00
28199	MOTHER'S, English Tea Sandwich Cookies	0.00
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	0.00
28208	MOTHER'S, Peanut Butter Gauchos Cookies	0.00
28209	MOTHER'S, Taffy Sandwich Cookies	0.00
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	0.00
28211	MURRAY, Chocolatey Chip Thins Cookies	0.00
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	0.00
28213	MURRAY, Duplex Creme Sandwich Cookies	0.00
28214	MURRAY, Lemon Creme Sandwich Cookies	0.00
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	0.00
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	0.00
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	0.00
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	0.00
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	0.00
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	0.00
28230	MURRAY, SUGAR FREE, Shortbread Bites	0.00
28232	MURRAY, Vanilla Sugar Wafer	0.00
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	0.00
28253	SUNSHINE, CHEEZ-IT, Snack Mix	0.00

NDB_No	Description	Cholesterol(mg) Value Per
28255	KEEBLER, ZESTA, Export Sodas Crackers	0.00
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	0.00
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	0.00
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	0.00
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	0.00
28263	KEEBLER, Grahams, Cinnamon Crisp	0.00
28264	KEEBLER, Oatmeal Cookies	0.00
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	0.00
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	0.00
28268	KEEBLER, Sugar Cones	0.00
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	0.00
28270	MOTHER'S, Vanilla Sandwich Cookies	0.00
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	0.00
28272	MURRAY, Chocolate Creme Sandwich Cookies	0.00
28273	MURRAY, Vanilla Creme Sandwich Cookies	0.00
28274	MURRAY, Honey Graham	0.00
28275	MURRAY, Old Fashioned Gingersnaps Cookies	0.00
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	0.00
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	0.00
28283	KEEBLER, ZESTA, Saltines, Original	0.00
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	0.00
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	0.00
28290	Cookie, with peanut butter filling, chocolate-coated	0.00
28291	Cookies, animal, with frosting or icing	0.00
28292	Crackers, multigrain	0.00
28294	Cookie, chocolate, with icing or coating	0.00
28295	Tortillas, ready-to-bake or -fry, whole wheat	0.00
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	0.00
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	0.00
28300	Cookies, oatmeal sandwich, with creme filling	0.00
28302	Cookies, graham crackers, plain or honey, lowfat	0.00
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	0.00
28308	Crackers, standard snack-type, with whole wheat	0.00
28309	Cookies, coconut macaroon	0.00
28310	Cookies, shortbread, reduced fat	0.00
28311	Cookies, sugar wafer, chocolate-covered	0.00

NDB_No	Description	Cholesterol(mg) Value Per
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	0.00
28313	Rolls, hamburger or hot dog, whole wheat	0.00
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	0.00
28315	Bread, cinnamon	0.00
28316	Bread, wheat, sprouted	0.00
28317	Bread, wheat, sprouted, toasted	0.00
28318	Bread, french or vienna, whole wheat	0.00
28319	Bagels, whole grain white	0.00
28320	English muffins, whole grain white	0.00
28321	Rolls, hamburger, whole grain white, calcium-fortified	0.00
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	0.00
28324	Pancakes, whole wheat, dry mix, incomplete	0.00
28325	Crackers, toast thins, low sodium	0.00
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	0.00
28327	Crackers, water biscuits	0.00
28328	Cookies, chocolate chip sandwich, with creme filling	0.00
28329	Cookies, chocolate, made with rice cereal	0.00
28330	Cookies, marshmallow, with rice cereal and chocolate chips	0.00
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	0.00
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	0.00
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	0.00
28345	Crackers, gluten-free, multi-seeded and multigrain	0.00
28346	Waffles, gluten-free, frozen, ready-to-heat	0.00
28350	Cookies, chocolate cream covered biscuit sticks	0.00
28351	Cookies, Marie biscuit	0.00
28352	Cookies, vanilla sandwich with creme filling, reduced fat	0.00
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	0.00
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	0.00
28386	PEPPERIDGE FARM, Pumpernickel Bread	0.00
28388	PEPPERIDGE FARM, Deli Swirl Bread	0.00
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	0.00
28393	PEPPERIDGE FARM, White Hoagie Roll	0.00
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	0.00
28397	Bread, multi-grain (includes whole-grain)	0.00
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	0.00
31001	CAMPBELL'S, Tomato juice	0.00

NDB_No	Description	Cholesterol(mg) Value Per
31002	CAMPBELL'S, Tomato juice, low sodium	0.00
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	0.00
31006	CAMPBELL'S, Organic Tomato juice	0.00
31007	HEALTHY REQUEST Tomato juice	0.00
31008	CAMPBELL'S, V8 100% Vegetable Juice	0.00
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	0.00
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	0.00
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	0.00
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	0.00
31014	PACE, Jalapenos Nacho Sliced Peppers	0.00
31015	PACE, Diced Green Chilies	0.00
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	0.00
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	0.00
31021	Potatoes, hash brown, refrigerated, unprepared	0.00
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	0.00
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	0.00
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	0.00
31025	Sweet Potato puffs, frozen, unprepared	0.00
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	0.00
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	0.00
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	0.00
31029	Potatoes, french fried, wedge cut, frozen, unprepared	0.00
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	0.00
31031	Potatoes, french fried, cross cut, frozen, unprepared	0.00
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	0.00
31033	Ginger root, pickled, canned, with artificial sweetener	0.00
31034	Peppers, hot pickled, canned	0.00
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	0.00
32000	Rice and vermicelli mix, beef flavor, unprepared	0.00
32009	Pasta mix, classic beef, unprepared	0.00
32011	Yellow rice with seasoning, dry packet mix, unprepared	0.00
32029	Rice mix, white and wild, flavored, unprepared	0.00
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	0.00
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	0.00
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	0.00
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	0.00

NDB_No	Description	Cholesterol(mg) Value Per
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	0.00
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	0.00
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	0.00
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	0.00
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	0.00
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	0.00
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	0.00
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	0.00
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	0.00
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	0.00
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	0.00
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	0.00
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	0.00
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	0.00
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	0.00
36044	ON THE BORDER, Mexican rice	0.00
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	0.00
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	0.00
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	0.00
36417	Restaurant, Mexican, spanish rice	0.00
36607	CRACKER BARREL, steak fries	0.00
36610	DENNY'S, french fries	0.00
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	0.00
36625	Restaurant, Chinese, vegetable lo mein, without meat	0.00
42040	Syrups, grenadine	0.00
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	0.00
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	0.00
42131	Milk dessert, frozen, milk-fat free, chocolate	0.00
42136	Cream substitute, powdered, light	0.00
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	0.00
42140	Salad dressing, italian dressing, reduced calorie	0.00
42141	Cream substitute, liquid, light	0.00
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	0.00
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	0.00
42171	Salad dressing, french dressing, reduced calorie	0.00
42178	Mayonnaise, made with tofu	0.00

NDB_No	Description	Cholesterol(mg) Value Per
42204	Rice cake, cracker (include hain mini rice cakes)	0.00
42231	Oil, flaxseed, cold pressed	0.00
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	0.00
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	0.00
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	0.00
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	0.00
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	0.00
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	0.00
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	0.00
42266	Babyfood, juice, apple-sweet potato	0.00
42267	Babyfood, juice, orange-carrot	0.00
42270	Beverages, Orange juice drink	0.00
42272	Snacks, granola bar, with coconut, chocolate coated	0.00
42278	Babyfood, vegetable and brown rice, strained	0.00
42279	Babyfood, peas and brown rice	0.00
42281	Gums, seed gums (includes locust bean, guar)	0.00
42283	Snacks, potato chips, white, restructured, baked	0.00
42284	Babyfood, baked product, finger snacks cereal fortified	0.00
42285	Babyfood, cereal, brown rice, dry, instant	0.00
42289	Oil, corn and canola	0.00
42291	Peanut butter, reduced sodium	0.00
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	0.00
42316	Babyfood, carrots, toddler	0.00
43019	Salad dressing, sweet and sour	0.00
43026	Syrups, sugar free	0.00
43027	Jellies, no sugar (with sodium saccharin), any flavors	0.00
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	0.00
43031	Candies, chocolate covered, caramel with nuts	0.00
43046	Candies, nougat, with almonds	0.00